

Health is Wealth

Edward James Herman

RA 776

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Don't Squander it!!



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Book 46

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Health Is Wealth

Health Is Wealth

By

Edward James Herman
||

*Common Sense Health Hints
For Busy Men*



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Health Is Wealth

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no 1

unfamiliar.
CS + A

Dedicated

to

MR. A. L. BLOCK

My patient and inspiring critic—

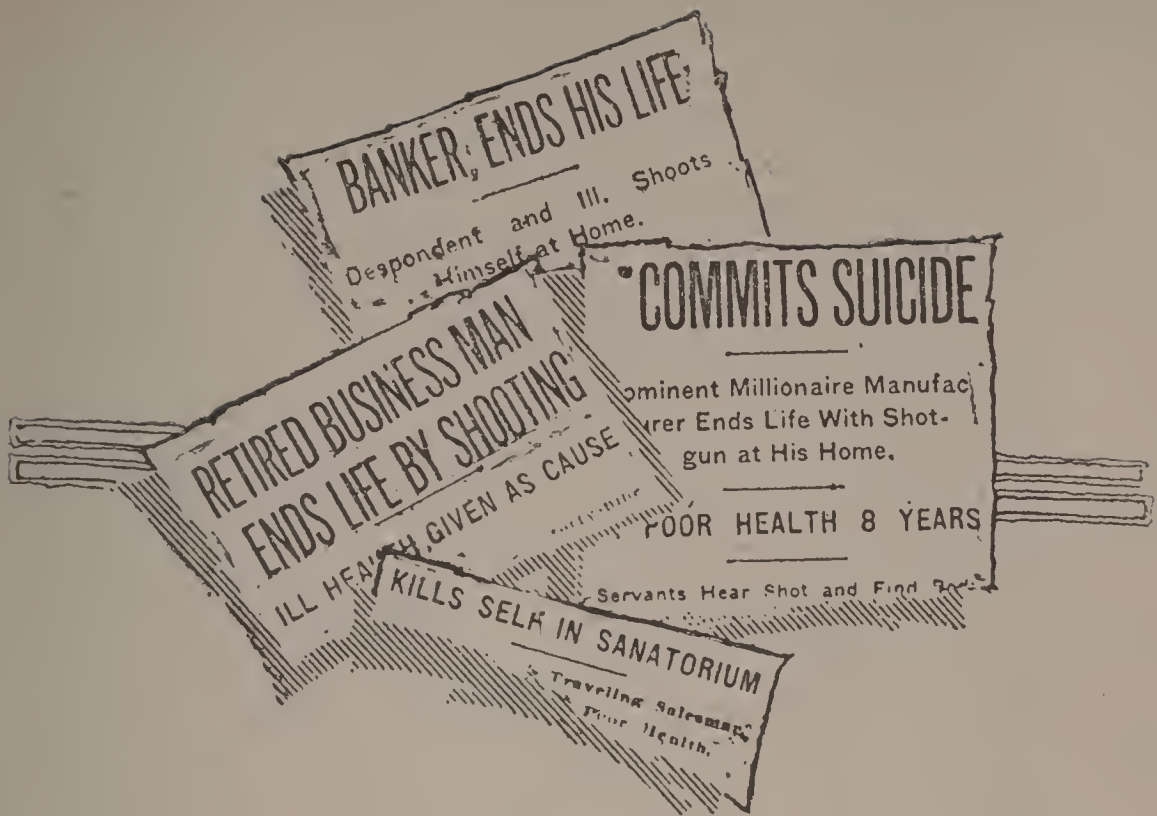
incidentally a human dynamo

of

Mental, Moral and Physical Energy

Up, lad: thews that lie and cumber
Sunlit pallets never thrive;
Morns abed and daylight slumber
Were not meant for man alive.

A. E. Housman, *A Shropshire Lad*.



Foreword

The too frequent occurrence of such newspaper headlines as reproduced above is the inspiration for the writing of this volume. It is the author's hope that it will fall into the hands of that admirable company of men whose work is to direct the world's affairs and who, in their struggle for high places, too often neglect their most precious asset—Health!

My hope is three-fold. That to the despondent and weak it may prove to be the proverbial “straw to the drowning.” That it will serve as an answer and guide to the

countless thousands who are ever in quest of the simple secrets of health which lie within their reach; yet who seek with eyes that never find. That, in its simplicity, the disconsolate may find substantial encouragement, and again know the joy of superb health.

Its purpose is to furnish, in concise form, a digest of the fundamental principles of health building and maintenance, minus the usual array of conflicting detail and theory which the average business man finds no time to read, or reading finds himself confused and confronted with rules and exercises that take no thought of his age, his time, or his ability to conveniently employ them.

Not alone for the convenience of business men was this book written, but to further the word of health and physical fitness to all mankind, regardless of place or station.

THE AUTHOR

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Health Is Wealth

1

“Great Dividends From Small Investments”

Let this chapter head, “Great Dividends from Small Investments,” be explained with typographical emphasis—

THERE IS NO WAY IN WHICH YOU CAN INVEST TEN MINUTES OF YOUR TIME DAILY THAT WILL PAY YOU SUCH ENORMOUS DIVIDENDS AS THOSE SPENT IN THE CARE OF YOUR HEALTH.

Who would neglect to invest ten minutes of each twenty-four hours in such security—with good health, life’s greatest asset, as the reward?

*A
Good
Investment*

Like Napoleon, who knew the value of time, a few of our greatest Americans knew the value of health and on it based their power. Yet the masses seem to give no thought to their health until they begin to lose it. The way to good health lies in the

*Prevented
Illness
Needs No
Cure*

prevention of illness, not in curing it when it comes.

George Washington had the strongest arms of any man in the Continental Army. Lincoln knew the value of health and inner stamina, and was said to be the second strongest man in the Middle West. Their physical powers helped to account for the quantity as well as the quality of their services to their country and to themselves.

The man who says he has no time to exercise, knows neither the value of time nor health.

*Don't
Swallow
Everything*

If you are in just passing health, you may do your daily work, go home tired, and with eager eyes scan the advertisements of "Vitality tablets" for a ray of hope for the morrow's struggle. But if you possess that super-abundant supply of physical energy, you can do a real day's work and go home at night with something left over. As Emerson so aptly put it—"Give me health and a day, and I will make the pomp of emperors ridiculous."

Theodore Roosevelt had strength of mind, strength of body, strength of purpose, strength of will, and strength of convictions; and the people loved him for his vigor. As a

young man he was not strong, but he had set himself many tasks to accomplish. He needed great physical energy and endurance to perform these tasks, so he set about improving his body. He chose life on a ranch, and loved the rough outdoor life of the range riders. He walked, he rode, he boxed. Whatever he did, he did with all his might, and this trait followed him throughout a life spent in the service of the public; as a soldier, as a statesman and administrator. The world well knows what he accomplished. Was this busy, dignified, famed world-figure, ashamed to exercise? Did he make any apologies for cultivating physical strength? He certainly did not!

*And He
Never
Quit*

These three great Americans possessed a quality which furnishes ample proof of the simplicity of health building. That quality was good "common sense." That quality must prevail if you would know the secrets of perfect health, for surely "He who squanders his health is the world's greatest spend-thrift."

Common sense will tell you that it is cheaper to spend a little time than it is to spend all your health. But that particular brand of common sense is most uncommon.

*Common
Sense Is
Most
Uncommon*

*Ten
Minutes
A Day*

Be different. Ten minutes a day, earnestly and seriously devoted to health building, will turn the trick. You would not think of beginning the day without first spending one minute in brushing the teeth. Is your body worth giving the remaining nine minutes of of the allotted ten? If not, don't howl when faced with a big repair bill.

The few minutes you devote to daily training will not produce that undesirable abnormal muscular development of the professional strong man; but, if one has sufficient vitality to be alive, there is enough latent strength to develop a normal degree of health.

Give nature half a chance, and you have within your grasp that priceless gift which cannot be procured either by price or prescription.

If your health is on the wane it certainly behooves you to "guard it well; for love nor honor nor wealth nor power can give the heart a cheerful hour—when health is lost."

*But Not
A Slave*

Your body is your willing servant—abuse it, it will be patient; but "beware the fury of the patient one," for when it takes revenge it takes it a thousand-fold. Give your body a square deal and it will give you a square deal. More, it will give back pure blood,

strong skilled muscles, and a clear brain for your own happiness, your country's service, and the world's work.

Since Washington, Lincoln, and Roosevelt made no excuses for exercising, why should you? Just apply your business judgment. You give your teeth one minute's care daily for but one reason—to preserve them. If for nothing more than a business proposition, you should, for the same reason, daily invest at least nine minutes creating and maintaining your physical fitness that you may better enjoy the fruits of your labors.

*Make No
Excuses*

The most natural thing in the world is to be healthy; yet to-day we find hospitals and prescription files crowded to the guards. There can be but one cause for it: in the mad rush for financial gain men are neglecting the greatest asset of their business careers—their physical fitness.

If the author had not experienced the tragedy of being a weakling at one time (weighing but ninety-six pounds at the age of nineteen) and, in the years which have followed, proven the simplicity of health building to his own complete satisfaction; and had not this day found his veins flowing with the sparkling blood of an athlete, his

*You Should
See Him
Now!*

body trained for endurance and staying qualities, this book might have never been written.

Not, then, as counsel from one who has the

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Be Ready!!
for Anything
Any Time

earmarks of a dyspeptic, who fashions health advice in a foul breath; nor as hair tonic arguments of bald headed barbers, was the writing of this book considered—but with

the great pleasure of a normal, healthy man; eager to draft a systematic plan of daily exercise, bathing, diet and sleep, with the hope that its readers may catch its keynote of simplicity and know the joy of perfect health, which is within the reach of all.

Make no apologies to any one; fit yourself physically for any emergency. Live up to the cry of the World War recruits—"Be a 'Class One, A' Man!"

When a wise and powerful government saw fit to develop its man power, orders were issued for compulsory military training. This alone should furnish sufficiently convincing argument on the value of exercise and light training.

The exercises mentioned in the succeeding chapters will be far from the jellyfish variety—such as coupon clipping, opening and closing safety deposit boxes, etc.—which, with the aid of worry, fits you for the time when old man apoplexy can claim you for his own. No, the exercises herein set forth are for men interested in health; exercises you will profit by; exercises that will pay life's greatest dividends.

*Again—
Make No
Apologies*

*Even a
Jellyfish
Shakes
Himself
Occasionally*

Worry—Health's Greatest Barrier

Regardless of how much could be written on the subject of worry, or how much should be written, there will never be but one person in the world who can convince you that worry, instead of paying dividends, demands a grim and exorbitant toll. That one person must be yourself. Until you can see the folly of worry, your vision and your health will alike be greatly impaired.

*The
Undertaker's
Hand-
maiden*

Never has there been recorded one single, solitary case where it has accomplished any material good; yet if you permit it, it will accompany you to the very brink of the grave and, like a coward, forsake you there.

Work and worry are not the same. Work leads you, while worry drives; work is healthy—it is worry that kills.

Remove all worry from a man; let his future be assured, and you can hardly put more work upon him than he can bear.

“Worry is the rust upon the blade!” If this worry habit could be stamped out, or at least be checked to some degree, we would need fewer hospitals for the physically weak and the mentally unbalanced. And here are missions this book must perform. It must give courage and hope to those poor unfortunates, from both high and lowly stations, who are humbled by worry over ill-health and driven to untimely death.

It must light the way to strength for those who, groping in worse than darkness, grasp for a ray of hope in every form of medicinal advertisements from TABLETS to MEDICATED SAND; from TONICS to MONKEY GLANDS.

Vain hope of ever building anew or recovering a lost manhood.

To those who would pin their faith to these monsters who prey upon the innocence of the weak, this book must shout a warning that health can *not* be attained from the necks of bottles nor from the VITALS OF VITALIC TABLETS. Think of it; four-fifths of the word “Pills” spells Ills. It can NOT be done, nor can health be attained through worry!

Good health is nature's gift to the obedient.

*Kills
Many
And
Saves
None*

*Monkey
Glands
Are For
Monkeys*

*The Other
Fifth Is
Silent,
As In
Pneumonia*

*If You Must
Worry,
Worry About
Worrying*

You are no weaker, nor are you any nearer dead, than you believe yourself to be. If you were told you would not live more than ninety days, and you had not the moral courage to believe otherwise, you would undoubtedly pass away within that allotted time. **WORRY** is all that is necessary to turn the trick. **WORRY IS THE MOST DEADLY OF ALL DISEASES.** Because it happens to be the favorite indoor sport of some individual to number your days, is no reason you should take any stock in it, or worry about it. As that picturesque character, Uncle Joe Cannon, puts it, "No man has the knowledge to foretell when you shall die—the Great Father has arranged it properly."

*And
Also
Your
Friends*

Worry is the germ that shatters the nerves of men, and no man can hope to build or mend with nerves unstrung. Constant worry breeds many ills. It effects the mind, body, and disposition alike. Mere trivialities are transformed to gigantic proportions, through worry.

Worry over ill health, or from any other source, is the despoiler and destroyer of manhood.

Everywhere are seen the wrinkled brows, drumming fingers, the restless jerky motions,

the stammering, and the countless other things that are the tell-tale marks of worry and minds ill at ease; and unless checked will lead to utter break-down, both physical and mental. There are many things, of course, which cannot be changed by mortal power, much less by mortal worry.

Things happen in this world which we just have to make the best of.

A sailor was once heard to remark, "If the world hands you a lemon—HELL! Make lemonade!" And this recalls to mind the greatest champion of the Don't Worry Club ever recorded in all the annals of the World War. At the sinking of the United States transport *Tuscania*, fighting the icy waters of the North Atlantic with lusty strokes there came a young soldier up to one of the life boats, already filled beyond capacity. Being warned that if he tried to get into the overloaded boat he would capsize it, he called out in a cheery voice, "Oh, Boy, where do we go from here?"—and swam away into the darkness of an unknown fate. Think of his position! Yet he didn't worry.

Worrying over trifles is as unnecessary as worrying about the weather. You all have heard of men who worried over and cursed

*Check It,
Then Lose
The Check*

*A
Good
Club!
Membership
Free*

*And
Therefore
May be
Swimming
Yet!*

the weather; but none of you have ever heard of one instance where it accomplished anything except the wasting of human energy. Mark Twain once said that everyone worries about the weather, but no one does anything about it.

*Read This
Until It
Sinks In*

The condition of your health can be changed to a marked degree by the strength of your will. Refuse to worry. Acquire a thankful disposition. Accept with equal calmness whatever Fortune may bring you in seasons of adversity and plenty. Stroll through any institution for the blind and, upon making your exit, ask yourself "What have I to worry about?" Apply to your own case the words of Dr. Johnson, who, upon seeing a less fortunate man go down the street, exclaimed: "There, but for the grace of God, goes I." Exercise daily. Spend as much time as possible in the great out-of-doors. Adopt and follow a system of cool water bathing. Get a sufficient amount of sleep. And in Heaven's name, think clean and healthy thoughts. These, indeed, are the *guideposts along the highway to health*.

Amen!

To bring this chapter to a fitting close let me quote the beloved Hoosier poet, James Whitcomb Riley, who not only wrote his

philosophy of life, but gave to the world a mighty sermon on worry, couched in two short lines:

“When God sorts out the weather
and sends rain,
Why rain's my choice.”



Don't Worry

Starting the Day Right

The ending of a perfect day, like the finish of a race, depends largely upon the sort of start you have. Getting the right start will depend somewhat on the quality and quantity of sleep from which you have awakened.

The reason a great percentage of men go to their homes weary and fatigued at the evening hour, is due, in no small degree, to their failure to get the right start at the beginning of the day.

Prize Possessions

Physical fitness, endurance and vitalic energy are prize possessions, and they are the inevitable result of light training, which should mark the beginning of each day. If physical training is necessary to fit men for the extraordinary duties of war, intelligent thought would bring you to realize the importance of that same training (in reduced quantity) for the less hazardous but equally arduous duties of peace.

If you have never practiced systematic exercising, begin it this very day—start

building life's greatest battlements against physical ailments.

Start the building of a muscular corset. Detailed instruction on how to accomplish



100% Alive
 — And
 Rarin' to GO!!
 A Good Start

this will be given in succeeding chapters.

Oftimes the beauty of a worth-while thing lies in its simplicity; and the building of endurance and stamina, as well as good

health, lies in the simplest form of exercise, clean living, and good food.

*Be
Thankful*

Let your first thought upon awakening be one of THANKFULNESS. Thankful that you are alive. Let the second thought be a hopeful one; for all hopeful thoughts are pleasant thoughts, and pleasant thoughts are healthful. Give no thought to worry.

If you must worry, wait until you are on your feet. To worry is to fight; and according to "Marquis of Queensbury rules," no man is expected to fight when he's NOT on his feet.

It is good to take a tip from the tiger upon arising, but let's go him one better by taking a good stretch *before* arising. Stretching is nature's own method of toning up the nervous system to eliminate congestion and to rejuvenate the body for its waking hours.

*Sh! How
To Take
A Morning
Bracer*

The fellow who feels the necessity of a morning "bracer," or a "nip" from some liquid stimulant, has never felt the thrill of a REAL bracer—the thrill of one minute's cool morning air upon the nude body, especially in the morning sun. This, in itself, is nature's greatest tonic, and is certainly not to be compared with anything in the bottled line.

The body *needs* this chance to breathe through the pores of its skin. It will take in oxygen and sunlight—all you need to do is to give it the chance, for sunlight is a master healer.

*More
Free
Tonic*

By reversing your bedroom shades from top to bottom, so that they pull up instead of down, you can have the sun bath of a sun room, with the privacy of a bathroom.

Speaking further of tonics, the only “iron” your system needs is a pair of cast iron dumbbells; not lighter than six pounds each, not heavier than ten.

The heavier the bells, the greater the danger of your losing interest, and to gain health is like gaining any kindred success—*The pursuit must be interesting.*

The deep breathing exercise for developing the chest and lungs, described in the following paragraph, may be taken with or without the dumbbells.

After your stretch, you should be fully awake. Arise with a distinct realization that there is a man’s day ahead of you. Stand, heels together, before your mirror—minus pajamas—your hands outstretched at sides to limit of arms length, PALMS to the REAR. Inhale and *hold* long, deep breath. Clinch

*Deep
Breathing
Exercise*

your fists tightly; bring fists together in front of you on level with eyes, rolling arms, that palms may MEET. Keeping fists tightly clinched, return arms to original position. Continue arm movements three to five times on each breath, then exhale.

*Every
Morning*

Perform this exercise three different times, each time bringing the arms back vigorously, with every muscle in the body tense.

This exercise will create a natural demand for a greater supply of oxygen for the lungs, thus forcing deep breathing, developing the chest and lungs, and giving expression to the shoulders. Therefore, see to it that your sleeping quarters are always well ventilated, so you may be assured of fresh air for your exercises.

Immediately after the deep breathing exercise is taken, you will undoubtedly retire to the bathroom. Here, within your reach, is one of the greatest known builders of energy and vital strength in the world to-day, yesterday, or to-morrow—the pleasant habit of lukewarm and cool water bathing.

*Don't
Shiver—
I Said
Cool Water,
Not Cold!*

You have been brushing your teeth daily since childhood, but if you have not formed the habit of cool water bathing, no words are adequate to describe what you have missed.



Vitality
At Low Ebb

Health far
Below Par!
A Bad Start

Every drop of cool water that trickles down your spine, whether it be morning, noon, or night, (in conjunction with the proper diet) will do more toward increasing your stock of vitality than all the prescriptions ever concocted.

*The
Daily
Bath*

There is no rule to follow in cool water bathing, except that it should be applied vigorously to every part of the body, daily, (with the possible exception of the scalp) and that it should be immediately followed by a vigorous rubdown with a coarse turkish towel. Follow this plan daily, regardless of surroundings.

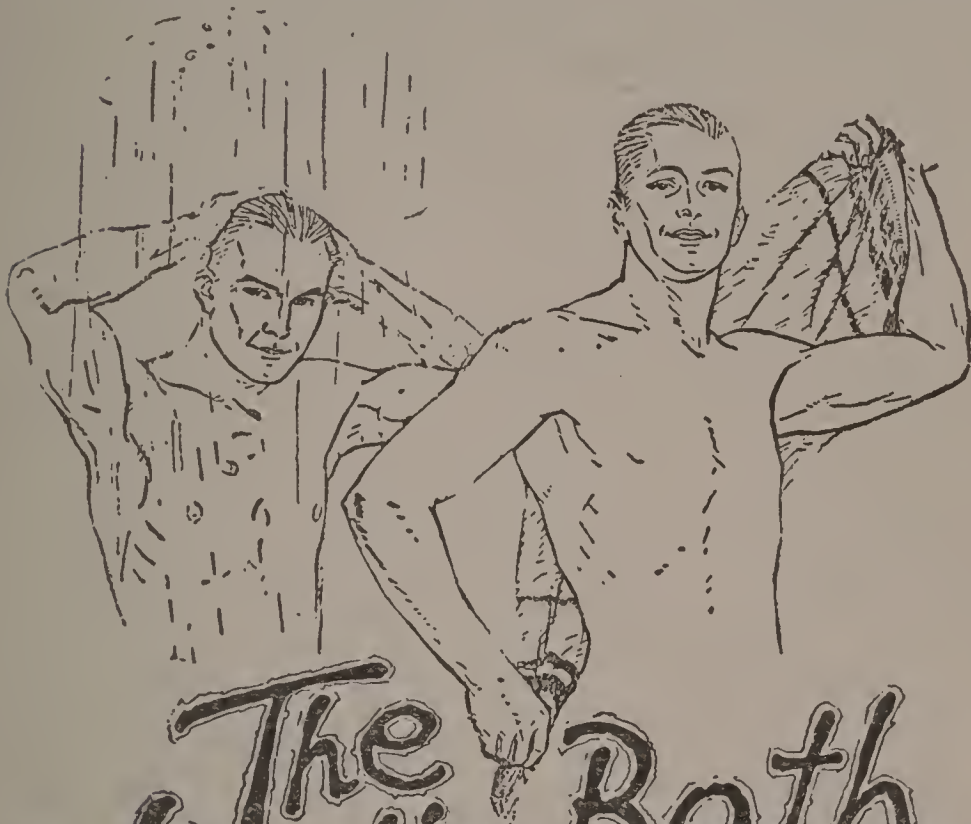
The determination to apply, as religiously as you apply the tooth brush, is more important than the nickled trimmings of shower bath equipment.

If you would feel a sense of happiness for once in you life, and have the means of repeating it at any time you are disturbed in body or mind, try this bath:

*How To
Take It*

Place your hands in a basin of cool water—or better still—stand or kneel in the bath, first applying water direct from faucets to the eyes and forehead. Then begin stroking the face and neck, particularly the back of the neck in the region of the cerebellum, or

base of the brain, applying vigorously with both hands until you experience a feeling of warmth. Then, with hands cupped, lift water



The Vitalic Bath for Inner Strength

to the ribs, just below arm pits, applying in the same vigorous manner, with downward strokes. Then arms, chest, shoulders, and back, with all the energy at your command

*Improved
Circulation*

until the surface is reddened and cleansed. After that, proceed with abdomen, genative organs, thighs, legs, and feet. This accomplished, rub the entire body until it is dry and warm. This will improve your circulation like magic. With your circulation improved, your vital organs are assured a new lease on life.

*Cleanse
The
Tongue*

Having taken the tiger's tip on stretching, and following the deep breathing, cool water bath and rubdown, you must not overlook one of the simplest, yet most important details of the morning toilet. That is the cleansing of the tongue while brushing the teeth. Comparatively few are aware of the fact that much of the poisons of the body are eliminated through the tongue during your hours of sleep. To prove this you have only to brush your tongue, upon rising, and note the odor on the brush.

The saliva acts as Nature's disinfectant in the event this poisonous coating is not removed prior to its being mixed with food and entering the stomach.

*Ready For
The Day*

The foregoing exercises—cool water bathing, and all—should consume not more than four minutes, and should fit you for the day's activities, "Fresh as a daisy."

Here is a hard and fast rule you should immediately adopt: EAT ONLY WHEN HUNGRY! This rule will give you Nature's own decision regarding the much discussed question, "breakfast or no breakfast."

*And Don't
Eat Too
Much*

Common Sense and the Art of Eating

*Consider
The Mule*

The man who wrote "Take a tip from the tiger," might well have selected a sub-title "Take a hunch from the mule." Let us leave the subject of exercise for a moment; leave the tiger to his half minute stretching exercise, and consider the mule; not only for his careful selection of food, but for the hour he selects to eat it, which is equally important. Because it happens to be meal time, is no reason why you should eat. Do you eat from force of habit, whether hungry or not? Do you believe you should eat, if at "meal time" you found yourself suffering from the slightest form of abdominal pains? A mule cannot be coaxed to touch his feed when there is the faintest symptom of colic, nor for twelve hours after the symptoms have disappeared. Certainly human beings should have as much sense as a mule!

*Indeed, Yes!
But Have
They-*

Nature has provided us all with a series of

signals, and it will profit you to obey them. About ninety per cent of the abdominal pains are nothing more or less than signals, warning us that we have either eaten too much of the right kind of food, or eaten some matter entirely unfit for bodily nourishment. While this book contains one chapter on foods and their values, it might be well (in passing) to offer one word in regard to beverages, especially those of an alcoholic nature. While they may furnish the palate a moment's pleasure, and may not do you any particular harm if used in moderation, surely they will do no great good, nor do they contain any nourishing qualities.

*Supposedly
Obsolete
Advice*

Napoleon undoubtedly knew this and abstained from their use for that very reason, and with "no apologies." His favorite drink was lemonade. This may seem strange to readers of this present age, especially to those who have listened to hearsay and believed him a slave to intoxicants and sensualities. In this they are in error, and his abstinence is an historical fact. And as Napoleon made no apologies for his abstinence from intoxicants, so you need make none for the minutes you spend at daily systematic exercise.

*Napoleon
And His
Lemonade*

*Nature's
Signals*

Hunger is Nature's signal, given only when food is needed; therefore, normal hunger calls for food. In the absence of hunger, as a general rule, the body needs no food. However, there are cases of extreme nervousness when hunger fails to register and nourishment should be taken.

Your body, if in a healthy state, is so constituted that even when hungry you will be able to go from two to five days without food, if not engaged in hard, manual labor.

The abnormal craving or gnawing that is despotic, is not hunger, but is an irritation or indigestion; and instead of trying to satisfy it with food, water should be drunk freely (cold or hot—preferably hot) whenever such stomach disorders are apparent.

*Water
For
Breakfast*

Eating breakfast when not normally hungry is an age old habit which can and should be literally "drowned" by the free drinking of water. It may take weeks and even months to conquer the old habit, but it can be overcome and it is well worth one's time and trouble.

When you consider what constitutes the breakfast of the average city dweller—a cup of coffee, some pastry, and perhaps a bit of grapefruit—one wonders why he bothers

about it at all. There is a bit of respect due the grapefruit from the healthy man's point of view, but the other two are quite unnecessary in the building or toning of bodily tissues.

There is another rule regarding the **KIND** of food to eat when you get the normal hunger signal. Eat only nourishing foods. The wonderful chemistry of digestion and assimilation causes the food you eat to become a part of your body within a few hours after eating. Therefore, any food entering the stomach containing one part nourishment and nine parts waste, places an unnecessary tax upon the gastric juices and the whole digestive organism, usually resulting in indigestion and chronic dyspepsia.

*A Rule
To
Remember*

The mental state at meal time is far from being the least important. One should be mentally and emotionally tranquil at meal time. Any mental disturbance, especially anger, always upsets (and in most instances totally stops) the digestive process.

*Even
When
At Home*

If there is fault to be found, or anything adverse to happiness that must cross your path of tranquility at meal time, the meal should be postponed.

*Fast
For
Breakfast*

If you are not hungry at breakfast time you should participate in the carrying out of the last syllable of the word and "fast" until you *are* hungry. So important are these points, and especially the idea of the fast, that their observance is often all that is needed to lead one from disease and weakness to health and strength.

Three meals a day are a general habit, not a universal necessity.

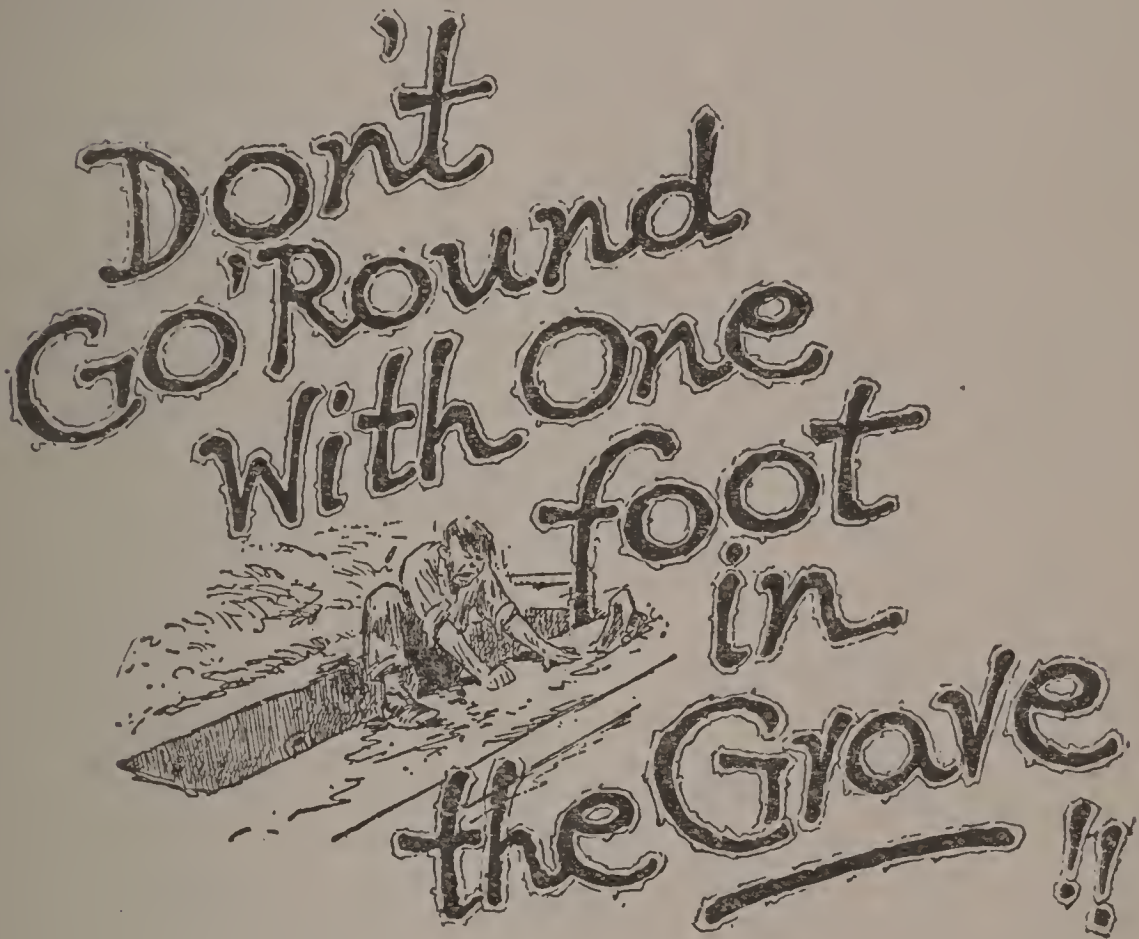
Men who are engaged in hard manual labor can eat three good meals daily and have normal hunger for them; but those engaged only in sedentary occupations cannot eat three large meals a day and develop a keen appetite for each of them.

*When A
Waist
Line Is
A Waste
Line*

Food that is needed for the nourishing of the body will build health and strength; whatever is taken in excess of this helps to produce disease and debility, increases the waistline to dangerous dimensions, slows up the blood stream and effects the entire muscular system. Once the blood stream is slackened, your speed will slacken accordingly.

Going to your daily duties a trifle gaunt, regardless of your vocation, is certainly advisable.

Better by far than a breakfast when you are not hungry is the pressing of a pair of ten pound iron dumbbells six times above your head (alternating left and right arm) just before you leave the house for your daily activities.



This is especially advisable for those whose labors are entirely mental. The lifting of the iron weights calls for blood to be rushed upwards through the arms, the neck, and head. The blood passes through the thyroid glands in the throat, and the result is remark-

*Bathing
The Brain*

able. The brain is bathed, as it were, by fresh blood; you sense that tingling feeling as the blood courses through the body, and you begin your work, not only with renewed vigor, but you feel the strength and health of the trained athlete—the peppy step of Douglas Fairbanks. In short, you feel unchained and ready for anything!

Do not go around with one foot in the grave.

*But You
Can Tie
It!*

A combination hard to beat is a strong mind in a healthy body.

There are two very pleasant and very invigorating “before breakfast” exercises worth mentioning at this time—golf and tennis. But comparatively few of us in this busy, throbbing, industrious country imagine we have any time for these games, and unless one “hits” the links or the courts sometime between four-thirty a.m. and six-thirty a.m., I am ready to agree with the multitude. The hours mentioned, by the way, happen to be the finest in the day for these excellent health-giving games.

*Golf—
A Health
Builder*

Golf is indeed a great health builder, and has undoubtedly done more for the health of our nation—that is, to those who are classed as middle aged—than any other

sport. It is extremely unfortunate that it has been too much limited to the well-to-do class.

Playing a few sets of tennis, two or three mornings a week, is one of the most pleasant methods known to reduce the waist line and to build up one's general health. Then, if you are hungry, you should eat a light breakfast of healthful, nourishing food. For instance, if gaining weight is desired, one egg, poached or soft boiled; a slice of buttered toast; glass of good milk; an orange; some berries or fruit juices. To lose weight—eat the orange, and drown the desire for the rest by drinking two glasses of cool, sparkling water.

Tennis

*To Lose
Weight*

To eat only when hungry is a profitable rule to follow, but few of us eat enough oranges or drink enough water, day or night.

Oranges, so easily digested a baby can eat them, are healthful to the blood and all organs of the body.

Water is cleansing internally as well as externally, and the cleansing and flushing of the intestines is necessary to keep them active and healthful. *Drink plenty of water!*

Choice of Foods and Their Relation to Health

What you eat is much more vital to your health than where you eat.

The state health boards have accomplished many remarkable changes in bettering the conditions regarding handling of foods.

*Buy
Clean
Food*

Grocery stores of nowadays, well kept and clean, with each kind of food in its own glass covered container, bread in waxed wrappers, perishable products in iced cases, offer a fitting contrast to the old order of things when the storekeeper's cat slept on the top of the open oatmeal sack and the mice used the cheese for light lunches and a parking place.

Much, indeed, has been accomplished, and the health boards are to be commended. While modern mechanical devices and processes involved in the preparation of our foods serve to speed up production, they

also lower the quality. For example, the bolting and bleaching of our whole wheat removes the bran, (the middlings) the most nutritious part of our "staff of life."

Lack of a general yet simple education regarding the choice of foods, has done much



*The Secret—
Not "Where" but
"What" you Eat*

toward lowering the vitality and the stamina of the nation's man-power.

So, with the present condition of state-imposed observance of cleanliness, the question of food, so necessary to the building of health and strength, lies not so much in where you eat as in what you eat.

The greatest secret of good health lies in proper selection of nourishing foods.

*But
That's
Not What
Makes
'Em Wild*

Wild animals select their foods solely by instinct. Their food is furnished by Nature and their eating is controlled by natural hunger. Small wonder that they always enjoy their food. No food is beneficial that is not enjoyable.

Their foods are simple, plain, and in their natural state, which is the fundamental requirement for healthy digestion.

*Instinct
Your
Guide*

Of course, cooked or uncooked foods that are distasteful to you will do you more harm than good. For example, buttermilk may do that individual who likes it, worlds of good; but to one whose palate rejects it, 'tis folly to believe it helpful. Instinct should be your guide, for instinct belongs among the simplicities of life.

There may be two combinations of food you would be interested in—a combination of food, or diet, to lose weight, and a diet to gain weight. A diet that would be fitting to those who “eat only when hungry” would almost suggest itself.

A diet might be suggested for the trained athlete, such as fruits, nuts, vegetables, whole wheat bread, etc., which might be ideal; but

since relatively few people can be properly nourished on a limited diet, it could not be universally recommended.

Proper diet, therefore, depends largely upon the requirements of each individual.

A great scientist surely said "a mouthful" when he said, "Tell me what you eat, and I will tell you what you are."

The average eating places, such as the quick lunch counters, are but a few jumps ahead of the dinner pail idea—the latter is the hand-maiden to indigestion and many kindred ailments. The dinner pail contains white bread sandwiches, canned meats, doughnuts, cakes and other mixtures, (mixture is the right word) which neither nourish the body nor allow it to administer to the mind.

*Quick
Lunches
Are Slow
Death*

Make up your mind to give the human engine the best fuel obtainable, for certainly you would not think of using inferior gasoline in a good car. You may buy a new car, but you will never buy a new stomach.

*Eat
The
Best*

Select only natural foods, as near as possible, and avoid too great a variety at one meal.

Simplicity also rules in the choice of foods, and perhaps more especially in the choice of drinks.

*A Drink
With
A "Kick"*

Looking both ways from the Volstead act with the vision of a total abstainer, the author might not permit much space to be devoted to the much touted "drinks with a kick." But as one advocating health, neither for nor against prohibition, this can be said in the choice of drinks: that in every glass of pure milk there is a real, live, regular kick, put there by Nature. Not the "kick" that gives you a coated tongue and a bad headache, but the kick that makes you strong and vigorous; that enables you to put pep and energy into every step throughout your daily tasks, even in hot weather seasons, though milk is a producer of much bodily heat.

*Choose
Food
Thought-
fully*

As milk has been analyzed and proven a substantial food drink in forceful contrast to the thousand and three varieties of beverages, so shall you choose your food—with analytical thought. Too great a variety and too poor a selection of food is responsible for many of man's physical ills.

A large proportion of the cases of heart disease can be traced to mouth infection and a much abused stomach.

It is commonly observed that animals know how to feed themselves without the guidance

of man, and it is interesting to note how closely each distinct family of animals follows the dietary of its class.

For example:—the horse, the Shetlands, zebras, and the donkey, as well as cattle, all adhere to the established diet which their ancestors have followed for remote ages. All are grass and grain eaters.

Horses

Members of the cat family—lions, tigers, lynx, panthers, house cats—all are killers and meat eaters.

Cats

The chimpanzee, the gorilla and monkeys are just as consistently fruit and nut eaters; with a few eggs thrown in for vitamins, and roots and leaves for roughage.

Monkeys

Man alone, of all living creatures, has rebelled against the great biologic laws of his species and has undertaken to exploit the bills o'fare of the entire animal world.

*Men—
Evolution?
No,
Revolution!*

For hundreds of years the human race has blundered on in its eating practices, acquiring new tastes and appetites from time to time, as influenced by accident or emergency. Thus cravings have been created for things wholly unnutritious and even positively poisonous.

In the last half century much earnest search has been started on the subject of

human feeding, and many startling discoveries have been made.

*Horse
Sense*

Among them was the discovery by Avvard, that a horse knows more about diet than a college professor—at least about horse diet. There are men, however, who *do* know the truth about foods and food values, who are entirely too conservative to impart this knowledge to their fellow men; and it is very unfortunate, for humanity's sake, that they deem it unethical to do so.

*Whole
Wheat*

The very foundation in the building of man's health, whether he be prince or pauper, is wheat—the whole grain of wheat. Unfortunately, this particular product is hard to find in prepared form.

*About All
That's Left
Is The
Price*

As before stated, the roller processing of modern milling machinery removes not only the outside of the grain, but other vital elements of nutrition, so when the finished white flour is put on the market about eighty-five per cent of our "staff of life" is missing! And we wonder why we are afflicted with "malnutrition" and "mineral salts starvation."

The whole grain of wheat, if ground properly, serves a twofold purpose. First, its excellent nutritious value lies in the fact that

it contains more of the elements than any one food known. Second, if eaten like many other foods, in a coarse form, it tends to massage and scrape the intestines, preventing stagnation and giving relief from constipation. If taken in conjunction with proper exercise and healthful outdoor activities, it often actually and definitely cures constipation.

*Relief
From
Constipation*

Rice is another food rich in mineral salts, in their natural or organic form. In polishing this food white for the market, the outer coating, as with wheat, is removed and the salts lost.

Other foods which contain a high percentage of minerals necessary for the building of perfect health and stamina, are: milk, oatmeal, asparagus, cabbage, turnips, carrots, beets, radishes, tomatoes, peas, beans, the various kinds of nuts, berries, grapes, cherries, apples, peaches, plums, oranges, lemons, grapefruit, dates, figs, raisins and prunes.

*Good
Foods*

If a certain amount of any one or more of these foods is included in your food selection, they will supply the body with the minerals so essential to building health and strength. The amount should be determined or gauged by the appetite for the particular food.

*Refined
Foods?
My Idea
Of A
Joke*

Into these foods Nature has placed the elements which produce bone, muscle, good eyesight, good hair, good teeth, and good blood; and when these elements are eliminated through refining before they reach the consumer, it means just this—"the slaughter of the innocents." It is not by any means the poorest class of society which suffers in this way, but the so-called "better class" as well.

In no event should food be consumed without daily exercise. Some sort of exercise before meals, and walking, the finest exercise, for after meals. The common complaint—too great a waist measure—is caused by over-eating and a lack of exercise.

Cattle are fattened for slaughter by being overfed and not allowed to exercise. Many men and women prepare themselves for slaughter simply by adopting the stall-fed life.

*Don't
Over-Eat*

Do not over-eat. Take plenty of healthful exercise—outdoors if possible. If the food you do eat is properly masticated and prepared by the mixing of saliva with it before swallowing, there is little or no danger of eating too much, as hunger is satisfied with less food when properly chewed than when

it is bolted and washed down without proper mouth preparation.

One is more inclined to over-eat when a meal consists largely of meat. Meat is not half as essential as our ancestors were wont to believe.

*Eat
Less
Meat*

If there is a desire for meat, it should flavor, but not dominate the meal. There is very little to be said about the strength building power of meat when so much can be written in one line: The strongest animal on earth is not a meat eater—the elephant!

The horse, a natural vegetarian and grain eater, can run down a lion on a mile and a half straightaway, and the horse that proved this carried the weight of Theodore Roosevelt on his back.

*More
About
The Horse*

Such is the superiority of wheat over meat as a builder of both strength and endurance, yet, strange as it may seem, there are but few ways to get whole wheat in a prepared form. It can be had at fancy groceries; in whole wheat bread; in shredded wheat; and in one or two other package forms. The only sure way is to get select wheat direct from the farms or mills and grind for private use, baked or unbaked.

*Wheat
Versus
Meat*

If this book served no purpose other than to impress upon its readers the vital importance of choosing the correct food, then the time taken to write it will be considered well spent; for knowledge of food and its relation to the nation's health is indeed the crying need of the age.

*False
Economy*

A by-product of this lack of knowledge is the wrong idea of economy, practiced among so many of the so-called poorer classes, who purchase inferior foods, thinking they are cheap—from imitation butter to skimmed milk; from salt pork to pastries—and yet think nothing of paying a dollar, yes, five dollars, for a bottle of patent medicine, the composition of which they know absolutely nothing and which in one case was proven (and stopped by our government research) to have cost exactly seventeen cents per bottle to manufacture, including bottling and labeling.

Not only do they throw away the money which would have purchased food, but risk their lives on concoctions worse than nothing.

*The Car
Cost Them
Something*

Men who are careful as to the grade of oil or gasoline they put into their cars, seem wholly indifferent about what they put into their stomachs.

Women who would not dare to tinker with a sewing machine or a cheap clock, do not hesitate to try to "doctor" the delicate mechanism of their own bodies or of their children. Mixtures of mysterious character and unknown effect are freely swallowed. Even preparations whose very labels (to comply with the law) proclaim the presence of poison, are taken without question.

*Don't
Tinker
With Your
Body*

No sane person would try to keep his heart going by means of a drug, knowing that the heart must travel on its own power as Nature intended. Yet when the kidneys, the liver, the bowels, and other organs fail to function except under whip and spur, thousands are unalarmed. They believe it perfectly natural that they should be toned up with fraudulent stimulants. They think not of the dangerous daily increase the body will demand—in either quantity or quality of such stimulants—when kept under high tension by narcotics and drugs. Finally "habit" steals into their twitching nerve centers, and another pitiful recruit is added to the ever increasing number of addicts. They think last of a physical training, corrective diet, or a short fast.

*Stimulants
Form
Habit*

It cannot be repeated too often—Health is not sold over patent medicine counters, or

*Health
Has No
Substitute*

through the mails. Health may be sown, cultivated and reaped. No drug will take the place of pure food, pure air, and pure cool water. There are no substitutes for good habits, proper exercise, restful sleep and good food.

Let the words "GOOD FOOD" be said with great emphasis. While the proverbial "half a loaf may be better than no bread," no bread is better than half a loaf of something unfit for food.

*Rare
Wisdom*

We may profit by heeding the words of William Muldoon, the greatest trainer of men in modern times: "Men consume too much food and too little pure air, too much medicine and too little exercise."

One of the reasons why Muldoon gained such heights as a trainer is that he taught men obedience. If they could not be obedient to themselves, they were taught obedience under his stewardship.

It is a privilege to write of Muldoon. Indeed, no book on health building would be complete without his acquaintanceship. It must be remembered that when Muldoon was in his prime, people spoke not in terms of calories, carbohydrates, and proteins. They ate coarse foods, much like Nature pro-

vided it, and they thrived; and Muldoon is a product of the old school.

The late John L. Sullivan, who never knew defeat while training under the severe orders of his master teacher, was a striking example of Muldoon's efficiency. Obedience is Muldoon's law. Obedience to Nature is the truest secret of health, regardless of your occupation. Don't think you can hoodwink Nature. Don't think that physical training ever put a fighter out of the running. Only when you permit your body to bully your mind does your physical fitness begin to wane; only when a fighter decides there is no such word as obedience do the betting odds change against him.

*The
Secret
Of Health*

In profound respect, Sullivan's first defeat is recalled at the hands of James J. Corbett, whose weight was thirty pounds less, but whose body was trained to obedience and was the willing and ready servant of his mind.

*Corbett
Knew The
Secret*

A man may be a giant in creative intellect; a master mind in handling financial affairs; yet he may have a body that is his master in its craving for strange dishes, strange drinks, and sexual excesses; even refusing him hours of sleep.

*Master
Or Slave?*

The man who will not force his body to acquire good habits through the law of obedience, will in time reach a point where his physical structure will go down and drag the mind with it. The body may demand a hundred non-essentials; from cigarets to cocaine; from lobster à la Newberg to lozenges. The mind must be the master—not the slave. Your health will depend upon your power of resistance.

If you would reduce your weight or your waist line, then obedience must be the law. Gluttony must cease to rule.

Fat producing foods must be substituted by vegetables and acid foods and moderation in your drinks. No one need to starve, or enter upon any extensive fast period, to make any desired weight.

*"Watch
Your
Weight!"
Yes, And
Do Some-
thing About
It!*

After a period of physical and mental training, you can have your body in such a state of physical fitness that ten pounds can be gained or lost almost at will. You can neither be over weight nor under weight and be physically fit. The happy medium is obtained only by a well balanced diet.

Many tables of "your correct weight," relative to your height, age, etc., are put out by prepared food (?) manufacturers, but they

tell you "disconsolate nothings." What physical efficiency calls for is a well rounded clean-cut figure, with storage batteries full of live, pulsating, American energy.

In any crowd of people you can pick out those whose food is balanced. A balanced



diet is one selected to keep the body in the pink of condition at all times, regardless of climate or seasons.

During the summer months, when vitality is lower than usual, a glass of cold rich milk, internationally known as the perfect food, is

one of the greatest factors in tissue and energy conservation.

Persons desirous of gaining weight should employ the following simple method:

*For
Gaining
Weight*

One quart of whole milk, daily. Either mix with whole wheat bread, or shredded wheat, or drink slowly. Drink slowly one glass before retiring. One pint of cream once a week (to quicken results) is made most palatable by mixing with a bowl of whole wheat bread, and this is especially true if there is a distinct feeling of hunger.

The brisk walk mentioned in the foregoing chapter never fails to create a natural hunger, and the greater the distance, the keener the appetite.

*Dairy
Products
Produce
Fat*

Tissue and fat producing elements are found in pure dairy products, sweets, and starches. It cannot be repeated too often—"no food should be eaten without the hunger signal." Neither should foods containing these nutriments be eaten by those unable to digest them. The fact that your system rejects such foods is ample proof of their harmfulness, at least until the digestive organs are sufficiently strengthened.

Full details regarding this is given in another chapter and exercises set out for building a muscular corset.

In gaining weight, coffee drinking should be completely abolished. Under conditions of mental strain, coffee can be recommended as a temporary stimulant. In numerous cases, constipation and insomnia can be directly attributed to excessive coffee drinking. Coffee contains no nutritive substances, but does contain "caffeine," which is a cerebral stimulant. A cerebral stimulant is a drug which excites the motor centers of psychologic activity. It is a drug which is often referred to as a nerve poison, identical with uric acid. Coffee also contains tannin, an astringent of oak bark, which, unlike alcohol, stupifies and invites sleep. Caffeine has the opposite effect.

*Coffee
Not A
Food*

It is common knowledge that men who have work of intense concentration during night hours, drink heavily of coffee to keep them awake or "pepped up." Men employed on morning newspapers, many authors who do most of their work in the "wee small hours," and others in similar occupations, drink too much coffee.

*But A
Stimulant*

If you must drink coffee or tea—let it be most sparingly.

In the building of superb health, whether you are striving to gain or to lose weight,

*Green
Foods*

there are certain salad foods belonging in the well-balanced diet, which everyone should eat. How they are prepared as to dressing, etc., is of minor importance and can be left to one's own taste. They are the fresh green foods—from asparagus to applesauce, from celery to cauliflower, from lentils to lettuce leaves, from cabbages to cucumbers, from watercress to watermelon, tomatoes, brussels sprouts, etc.

Nature has provided so many foods containing the minerals we need (from raisins to rhubarb) for keeping us one hundred per cent alive, that we have no excuse or reason for being found in the haunts of the drug hound, searching for life or laxatives.

*Except
In
A Jug*

Like the salad foods, certain foods are necessary to all humankind—especially those who are “always cold”—to create and maintain perfect bodily temperature. Two simple solid foods that are outstanding in fuel value are corn and eggs. Corn in any form, from stewed corn to corn bread. Eggs, from the standpoint of nutrition, are at their best when served soft boiled, poached, beaten raw with a glass of high standard malted milk, or taken in a glass of grape or loganberry juice.

These last foods mentioned—with the milk, cream, whole wheat bread, good butter and potatoes—will build weight on any individual who will cooperate with Nature and think happy thoughts. Shun the company of chronic grouches and scandal mongers. Get out into the open places and laugh at least once each day. The greatest aid to digestion in the whole category of science is clean, whole-hearted laughter.

*Think
Happy
Thoughts*

The diet to be followed in losing weight is very simple indeed. The most essential thing, however, is obedience and determination. There is little to say on the food question after you omit the starches and sweets from your diet.

Simple

Avoid candy and syrups. Eat sparingly of all foods containing starch; gradually eliminating potatoes from the diet entirely. Eat fresh green vegetables that grow above ground. Eat sparingly of foods containing animal fat, and even sparingly of lean meats.

The real cure for obesity is found in the next chapter, "The Man Who Walked and What Happened to Him."

*Advance
Notice
For Fat
Men*

There are, however, many fine foods you may eat and yet not feel like you were being mistreated by omitting the powerful fat

*More
About
Food*

*Eat Any
Of Them
But Not
All!*

producing foods from your diet. Selections may be made from the following foods: acid fruit, such as grapefruit sweetened with honey instead of sugar; fruit juices; stewed apples; red raspberries; stewed prunes; bananas; cranberries; peaches; cabbage; carrots; oranges; apricots; cherries; green peas; green beans; bran or graham muffins; eggs; chicken and wild game. Any one of these should be used in somewhat restricted quantities, this left to your own judgment. But keep in mind the fact that Nature never intended the delicate human organism to operate or function properly on a hundred per cent overload.

6

The Man Who Walked and What Happened to Him

You may not realize that the development of that set of muscles encircling the torso, especially in the abdominal region, are of the utmost importance in the building of health and strength. Firm and vigorous abdominal walls are the first essentials in physical fitness.

The development of these muscles has a direct bearing on the healthy functioning of the breathing and digestive organs, and any increase in the added vigor of these muscles means an increase in the general vitality of the body.

*Develop
The
Abdominal
Muscles*

The neglect of these muscles, through certain modes of living and ill treatment by artificial irritation of drugs, allows them to grow weak from inactivity. When this condition continues, they become flabby and soft, and fat soon takes possession of the

*Remove
The
Cause*

once graceful waistline. This condition bids welcome to numerous ills and many dangers—from biliousness to constipation; from heart palpitation to rupture. However, in the beginning of any cure the first logical thing to do is to remove the cause.

There are two requisites in the campaign for fewer pounds. First, as before stated, the elimination of fat building foods. Second, some form of forced perspiration, either by natural means or by artificial.

*Hot
Baths*

The most natural form—and therefore the best form—is daily, vigorous exercise. The Turkish bath is the one best bet of the artificial methods, but should not be used without the natural means. Hot baths, used alone as a reducer, will melt your strength away as well as your flesh, and in the absence of tensing or gripping exercise, will leave your flesh with a sagging appearance, instead of being firm and solid. The cheeks, especially just below the eyes, take on a sack-like appearance. The throat and chin, which through lack of exercise have shown a desire to multiply, will resemble that of a turkey gobbler. The effect upon the waistline is utterly indescribable. (Please pass the dictionary!)

*Never
Mind—
Bas-relief
Is The
Word*

Hot baths, nevertheless, if taken in conjunction with the exercises explained in this chapter, will bring about some startling and gratifying results. The hot bath should be followed by a wool blanket "roll up," and fifteen to thirty minutes to perspire. If



perspiration has not stopped after thirty minutes, and you wish to "take the air," then take a cool shower or sponge bath. This not only closes the pores, but serves to change the tissues from flabbiness to firmness. This should be followed with a brisk walk along some quiet street or bridle path.

*Two of
Prof.
Trainzem's
Pupils
Looking For
Normalcy.
Very
Touching!*

Always walk briskly. Consider the fire engines—their speed is the same answering a false alarm as it is going to a real conflagration. Always keep the back of the neck firmly against the collar.

*Walk
Objectively*

Have a definite destination, and *arrive* at your destination. This may be applied to your weight as well as to a landmark.

Set your mark at one hundred and sixty-five pounds, one hundred seventy-five pounds, or whatever weight you wish to make, and you will make it.

*Make
Your
Weight*

The exercises described in this chapter should be followed, and followed religiously. The trouble with the great percentage of men who start the physical training idea is that they keep it up for about three weeks; seldom longer. Then they gradually drift away from the exercises, finally forgetting about it entirely until some sort of pain or weakness gently reminds them of their need of it. Then they alibi themselves with that old “broken down prize fighter” excuse, pointing out some fistic prodigy who was once a fighting machine, and say—“Look at him to-day!” Gentlemen! That is no alibi.

*Keep
Training*

Ten minutes systematic exercise and vitalic cool water bathing daily—never STOPPING

—is not to be compared with the three or four weeks of hard preparatory training and roadwork of a prize fighter, and the immediate discontinuance of such training, which usually occurs directly after the fight.

You should no sooner think of giving up light training than you would consider discontinuing the use of the tooth brush.

Walking is the simplest exercise to reduce your waistline and your weight. The prize fighter uses road work to get his weight down because it brings results, as enjoyable as it is simple, and because it is the one sure way to reduce. Carrying small weights in each hand will further promote perspiration, and superfluous flesh will disappear as if by magic. The walking habit may be acquired in a very pleasant manner, regardless of where you live, by making out a certain route and going over it regularly, whether you make the trip seven times a week or two or three times a week.

Ten city blocks usually constitute a mile. If you will walk to and from the corner drug store but five blocks away, each morning, you can be sure that with each mile you cover on foot you are nearer your great goal; another mile gained on the highway to

*Simplest
And Best*

*And Is
Usually
Made In
A Taxi*

*If You
Can't,
Something
Is Wrong*

health. You will be headed straight toward a smaller and more muscular waistline. Try the one mile course, at least for a week, each day. You can do a mile in fifteen minutes with ease, and you will learn to enjoy it; especially if you will walk in the early morning hours. The dividends you will receive in health, and the bully feeling you will experience, will be ample proof of the solidity of these small investments.

*And Such
As They
Are Not
In Other
Cases*

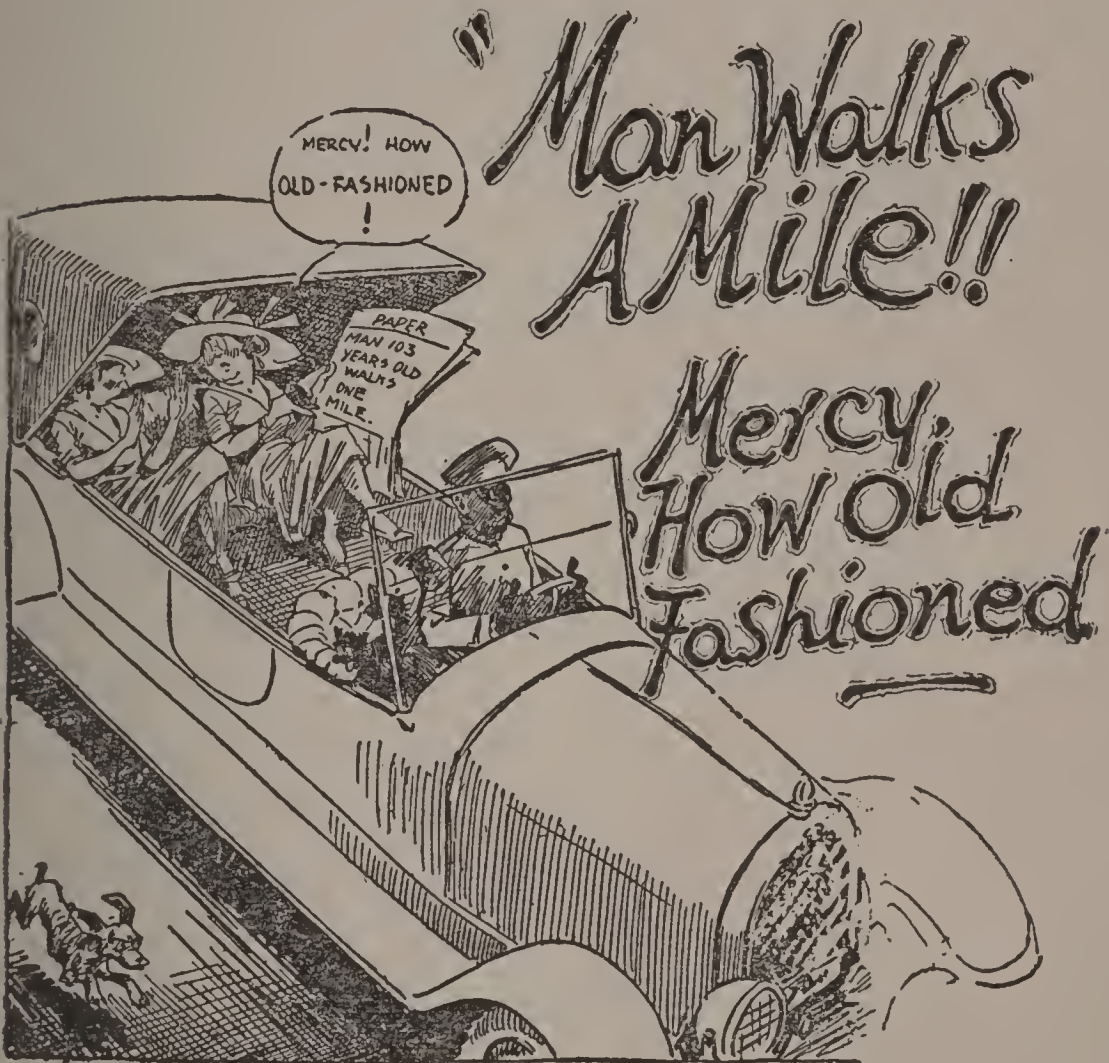
If we would have health, Nature must get in her work. Nature intended we should walk, and wisely provided us with legs—such as they are in some cases—and we should make use of them. Who can help being thrilled by those challenging lines in Shakespeare's immortal masterpiece, *The Merchant of Venice*—"Why should a man whose blood is warm within, sit like his grandsire, cut in alabaster?"

*That's
Why He
Was 103*

Gaar Williams, of the *Chicago Tribune* and late of *The Indianapolis News*, struck the keynote of the modern viewpoint brought on by the world's wonderful motor cars, when he presented the cartoon "MAN—103 YEARS OLD, WALKS ONE MILE! MERCY, HOW OLD FASHIONED!"

As sleep to the weary is often termed "the great restorer," so walking, to the corpulent, is the great reducer.

There are many other exercises one may use to reduce the waistline and change the



flabby tissues of the torso into a veritable corset of muscle. But the simplest, and the one least liable to be discontinued when once begun, is the "sit up" exercise which Eugene Sandow used daily, not only in

attaining, but used continually to retain, his magnificent physique. This exercise, like all others used in the building of the muscular corset, should be taken immediately before retiring.

*Exercise
For
Building
Muscular
Corset*

Starting with back to the floor, stretch full length, (arms extended) toes pointed on line with body. Rise to sitting position—continuing forward with upper body until fingers touch the toes. Return to first position and repeat five times.

Repeat this exercise daily, increasing the number of times according to your strength, and until there is a distinct feeling of fatigue.

If, in taking this exercise, you experience trouble in keeping the heels on the floor, place a bar-bell over your ankles or place toes under some article of furniture. As strength increases, following several weeks' training, try the above exercise while holding a book or a pair of five pound dumbbells gripped in each hand; being careful, however, regarding added weight that there be no feeling or chance of strain.

*Another
Exercise*

Alternating with this exercise, assume position first described—stretching full length upon the floor, arms and toes extended. Raise feet and legs upward (keeping knees

rigid) to right angles with upper body. Return to original position and repeat five times, or more, daily.

Again assuming position first described, with fingers interlocked at back of the neck, roll (on hips only) and touch with right toe a point as far to the left of body as it is possible to reach. Return and roll in opposite direction, touching a point far to the right with the left toe. Keep both shoulders as close to the floor as possible, thus giving the side muscles of the torso the benefit of a twisting and stretching movement.

By following these exercises daily there will be no need for abdominal belts and other unnatural, makeshift contraptions, and but little need for any other exercise to build a strong and powerful waistline, and, incidentally, a strong back.

Perform any or all of these exercises before a large mirror, and an added interest will be found in continuing them. They may even cause you to laugh, ever remembering that whole-hearted laughter (regardless of what prompts it) is a capital relief for any mental depression, and is one of the most wonderful exercises known for stomach and liver action.

*And Still
Another—
All
Guaranteed!*

*Other
People
Would*

Its effect upon the digestive organs is nothing short of miraculous.

*None Of
These
Exercises
Will Help
Unless You
Do Them*

As you arise to your feet, your body erect, bend forward at waist, bending left knee slightly, and touch right foot with left finger tips—keeping your right hand (extended arms length) straight upward.

Reverse position, (of hands only) bending right knee slightly, touching left foot with right finger tips (keeping body bent forward, unchanged). Repeat until twenty hands have touched twenty feet. This is one of the finest “keep in condition” exercises ever performed, and is the one which should have been given for years past in place of that age-old, hackneyed “stunt” of bending forward and touching the floor with both hands while the knees are held rigid. The knees were originally intended to bend, and while it is easy enough to keep them rigid and touch the floor, it is not only a most unnatural way, but the thought of it is positively absurd. The only thing it ever did for mankind was to leave most of those who believed in it with a knotted bunch of strained and bursted varicose veins on the upper calf, back of the knee joint.

*Sounds
Plausible*

The foregoing exercises are best taken

immediately before retiring, and for two reasons; first: You will then not “alibi” with, “I haven’t time”—for if one would lengthen his days, he must steal a few minutes from the nights. Second: You may exercise until you feel thoroughly fatigued, and having the hours of sleep before you, they will not only be doubly beneficial, but you will enjoy a night’s rest such as you have not experienced since childhood.

*Don’t
Alibi
Yourself*

One more exercise especially recommended to produce sound and restful sleep, and incidentally add strength to the heart:

Stand with body erect, the fingers of both hands interlaced at back of the neck. Take one upright, regular step—your feet about eighteen inches apart, forward and aft—then bending with both knees, spring upward, clearing the floor by at least five inches, reversing position of feet while in mid air. Repeat this exercise at least ten times. It stimulates the heart action and general circulation from your hair to your heels, and this, in turn, insures perfect sleep.

*Exercise
For
Inducing
Sleep*

Many more exercises might be described for the development of the various sets of muscles. Development of the thighs may be acquired by standing with feet close

together, rising on toes, point the knees forward and take a squatting position. Repeating ten times each night will develop the front, or top, of the thighs.

*Thigh
Muscles—
How To
Develop*

The outside of the thighs may be developed by rising on toes, with heels together, toes turned outward. Spread knees far apart in assuming the squatting position. Repeat this ten times daily. Again, instead of rising on the toes (keeping heels to the floor) the same squatting exercise will develop the inside and back of the thighs, and this exercise in conjunction with a corrective diet will remove any trace of constipation one may have. It is well to take this exercise, even in the absence of constipation, for its health-giving stimulus to the alimentary canal, and to the entire intestinal region, is very great.

Follow these exercises and the vitalic bath habit, and you will find that sufficient muscular development will take care of itself.

*Ten
Minutes
Of
Exercise*

But TAKE the exercises! Do not neglect them! Let me repeat—there is no possible way of spending ten minutes of your twenty-four hours that will pay you such enormous dividends. There is nothing about these exercises or these health rules that is

radical or fanatical. They are conservative in the same measure as Nature, herself, is conservative. Nowhere are you asked to do anything that your own sense of reasoning does not tell you is desirable and right. Far from being a newly developed panacea for every ill, it is but a turning back to the ways of Nature, from which the artificial and harmful customs and usages of modern civilization have drawn us, very far indeed, and entirely without reason. You can be an ardent devotee to light physical training, and be a human dynamo of energy without the slightest interruption of your duties at home, shop or office.

*Or Else
Your
Reasoning
Is Bad*

When you have incorporated these simple rules of health building into your daily routine of living—neglecting not the Vitalic cool water bath and the sensible selection of good food—at the end of the fifth week, check up on yourself. You will be so delighted with the resulting improvement that you will *never* give up the idea nor the performance thereof.

*A Five
Weeks
Test*

The reason for this special set of exercises is just this:

There are so few forms of manual labor in this modern age of labor-saving devices, that

the muscles of the torso are seldom put into play; and to keep one's self in A-1 condition, it is very essential that these muscles be kept firm instead of allowing them to become flabby.

Swimming

Next to walking, (to those who can spare the time), a half hour's workout, daily, in a good swimming pool, will bring excellent results in building the muscular corset. Inasmuch as the abdominal muscles work in conjunction with the muscles on the top or front of the thighs, any movement which brings the knees close to the chest will develop them, whether taken in a reclining position or in walking or swimming. The higher one steps in walking, the more work falls upon these muscles. A man who has a feeble, shuffling walk, is usually weak in the abdominal region; while a man with a strong, high step, gives these muscles more to do and they soon develop and adapt themselves accordingly.

*Running—
Quick,
Doctor!
Two Fat
Men Have
Fainted*

Running might well be recommended as an exercise. Every motorist knows that more gas is necessary when more speed is required, and especially so for hill climbing. The average man gets "out of breath" when hill climbing, running a straightaway or climbing

a flight of stairs, because he takes too little oxygen into his lungs when in action. By a common sense system of breathing, added oxygen may be forced into the lungs in such times of need. One has but to try the following little experiment—on a flight of stairs—to be thoroughly convinced on this simple method of breathing.

Start up a flight of stairs on a run, (not fast). At the first step, instead of allowing the breath to come natural, take one long, quick sniff, then in rapid succession let that be followed by two short sniffs, as if in counting a long O-N-E and a short Two—Three, always breathing in through the nostrils, and exhaling through the mouth. As you climb the stairs, continue this form of intake with the same regularity of normal breathing, and you will find upon reaching the top that instead of gasping for breath, your lungs will be fully supplied with air and your breathing but slightly accelerated. Try it, and in a short time you will be able to climb a flight of stairs without making the gurgling, panting, wheezing noises of a broken down fire engine.

In the vernacular of the motorist, with so many “free air stations” there is no excuse for “flat tired” lungs.

*Read
This!
It Works*

*Or An
Asthmatic
Ford*

Running, therefore, is recommended for the building of abdominal muscles and strengthening the heart. If you lack space for distance running, try "the indoor running steps."

*Indoor
Running*

Stand erect, your fists clenched. Proceed to raise and lower right and left knee toward the chest, alternately, as in sprinting. Employ the system of breathing described in this chapter and run the "phantom" race.

The exercises herein mentioned are simple, brief and effective. For proof of their effectiveness this book need not bear the weight of scientific authority. The full chested, gaunt waisted, healthy specimens of manhood found in the gymnasiums the world over, are shining examples of the effectiveness of light training.

Believe what you will of science, psychology, or applied mental suggestion "day by day," but hear ye:

*Sure
Road
To Health*

Light training, with determination as the first and most essential step, is the oldest, surest road to health and physical fitness in the world to-day, yesterday, or to-morrow!

So use the characteristic of the true business man—*Determination*—and decide to train.

And then do it!

Vacations—Their Relation to Health

When and Where they Pay the Greatest Dividends

The chief value of a vacation, regardless of when or where taken, lies in its magic-like power to lift one from the constant routine of daily duties to that place of relaxation so necessary to men whose work is confining.

Where this chapter leads, one will not find the comforts and conveniences of the modern home; but it will pilot you along Nature's fair-ways and to her open places, where man may find a very close substitute for Ponce de Leon's mythical fountain—Nature's own tonic of rejuvenation.

For physical vigor and mental alertness there is nothing to compare with days and nights spent in the woods, close to Nature.

It is not entirely necessary that you go to the Adirondacks or to Lake Placid; nor does

*Go
Out-of-
Doors*

it matter whether you go to Ontario or the Ozarks; to Michigan or Maine.

*Physical
Inventory*

It is, however, as necessary as "inventory" that you seek this sort of recreation at least once a year, if for no longer than three days or a week. Even a short stay will give you a chance to "take stock" physically.

There are hundreds of places in your own state, streams and wooded retreats, easily reached by motor or trolley, and many are within hiking distance.

Take a camping kit and a small tent; your old army blanket, and rod, camera, or gun. If just for the week-end—a basket of good food, and perhaps a congenial companion, and go out in God's great out-of-doors.

*If Not
Convenient,
Do It
Anyhow*

If convenient to spend a week, ten days, or two weeks, then go into the Northland—into the land of Curwood, Rex Beach, Jack London, John Burrows, and other Nature lovers. With your luggage pack a couple of their books. Read the books and associate with their characters, in the forests of the north and the northwest. They are all there in real flesh and bone and blood; and from these men of strength and endurance, learn their ways and modes of

living and eat their frugal meals. They are the "salt of the earth." They need no cathartics to cleanse, nor drugs to "pep" them up. They know that there is truth in the old proverb, "Many dishes bring many diseases."

*No, Don't
Eat Their
Meals, But
Meals Like
Theirs*

They know that a bowl of whole wheat bread and milk, an orange, a bit of apple sauce, some carrots or tomatoes, contain more vitamins than all these concoctions which bellow at you from the advertising cards in subway and tram—that shriek and clamor from the billboards.

The men who live in the open places know these things; and they know that Nature made those provisions, the same as she made her laws, and they have sufficient instinct to choose the right foods and to obey her laws. Remember this—the laws of Nature are immutable, taking no account of mistake or excuse.

*Nature's
Laws
Are
Immutable*

These men know that every hour of sleep before midnight is worth two hours after midnight, and when they are sleepy, they go to bed. They know that half of man's diseases are in his mind, and the other half in his house.

To fully realize the health-giving tonic of

the outdoor life, you have but to visit the haunts of these men; give them the "once over"—look in at the men of the lumber camps. They eat no strange foods. They drink the pure, sparkling water from the



springs and mountain streams. They drink it like the proverbial fish, and bathe in a similar aquatic manner. You say—"But they are strong." Yes, because they are *well*!

Walk the pathways of these sturdy men for a while. Don flannel shirt and corduroy trousers with them; cross their streams, where there are no bridges; work with them. Yes, you will be tired when night comes, but you'll not have any worries that usually accompany insomnia, and you will sleep the sleep of little children.

*And
Maybe
Before*

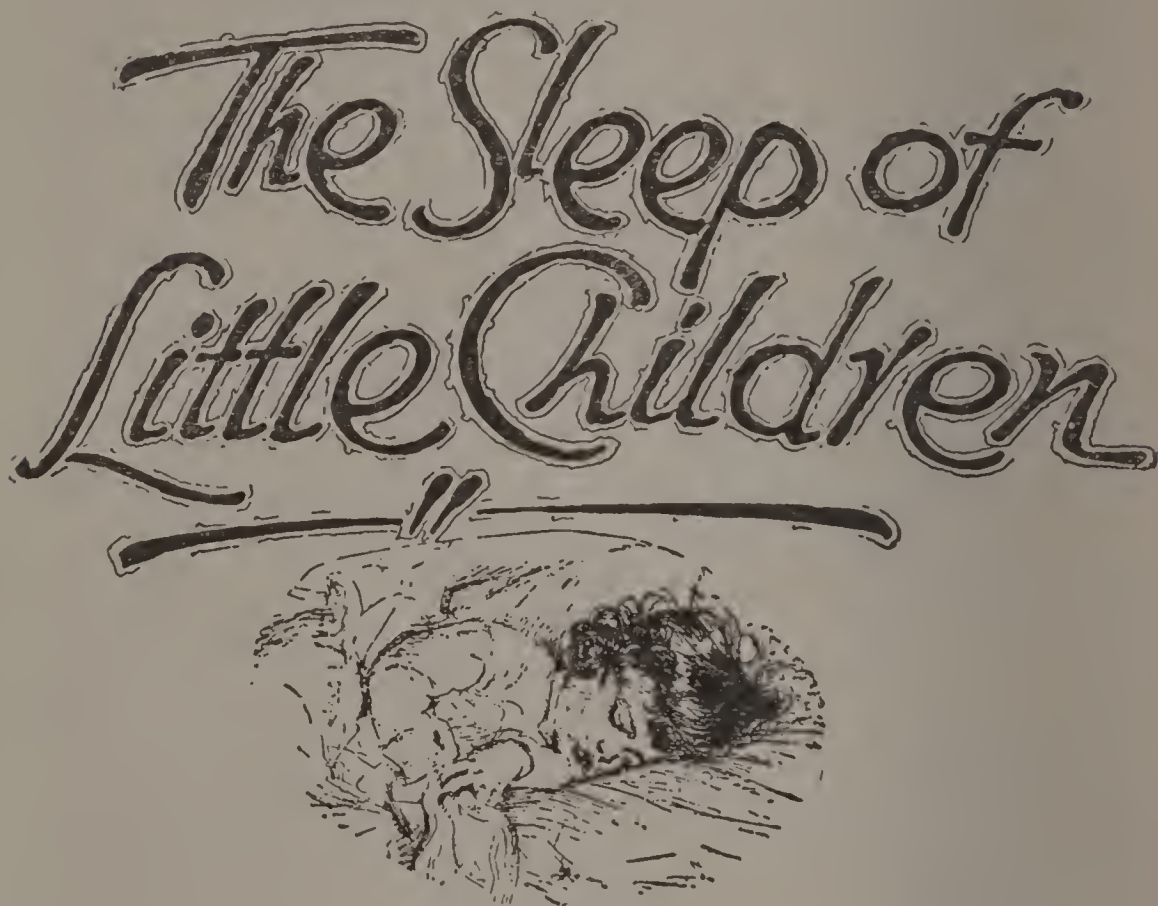
Under this régime it only takes about three or four nights rest beneath the pine trees and the stars for Nature to get in her work. You will find the human body has a surprisingly great power of readjusting itself—if given half a chance.

Let simplicity be the keynote of your vacation. Live moderately, calmly, and be kind to every living thing, and you will marvel at the change that can be made in men on the verge of nervous breakdown. Chronic grouches and distorted souls are made anew.

*The
Keynote
Of
Vacations*

Away then, to Nature's playgrounds; far from town halls and traffic rules. Pitch your tent beside some good trout stream, or in the shadow of the pine, the spruce, hemlock or balsam. Fasten a shingle to a stake driven beside the door of your tent, and inscribe two words thereon; "Sans Souci" (Free from care).

Leave your tent or cabin (as the case may be) for a half hour's hike along some winding stream, or along the crest of some ridge, and when a little weary sit down, sit still, look about you, and listen!



If the magnificent trees of a virgin forest do not beckon you like sirens; if you catch no note of music from the birds; if you can watch two bear cubs at play, without smiling; if the odor of fresh earth sends no thrill through your nostrils; if you can not hear the tinkling of cymbals in the ripple of a

mountain stream—then take a pen knife and with it prick your wrist to see if it bleeds. If not, throw this book at the first redbird you see, and show the colors of a true sportsman and “pass out”; for there is nothing between Kansas City and “Kingdom Come” that will improve your health or give you any pep.

*Distance
Unknown*

With your own hands and the aid of a hand axe, build your own cot with hemlock and balsam boughs, being careful to make it high enough off the ground to insure you against dampness.

Prepare your own evening meal of brook trout, “roasting ears,” and potatoes baked in your own campfire. Read a bit from a man’s book—in the glow of your campfire—and then retire. Let the fragrance of the forest and the whispering of its night life lull you to rest and perfect sleep.

At the right hour in the morning you will be awakened; not by butlers, Big Bens or business worries, but by the call of myriad song birds from the tree tops.

*Just
As
Alluring
As It
Sounds*

Happiness and contentment are apparent everywhere. Here, surely, is a place where one may stage a real “come back” from the throes of nervous breakdown; and here, in

Nature's tranquility, is the place to build anew the worn out tissues and to strengthen shattered nerves.

*Starting
Right*

Start each day with the breathing exercises. Take every possible advantage to breathe deeply, inhaling Nature's glorious perfumes. Once inoculated with them, you will feel her call of the wild, and then you will feel your pulses quicken and will realize that you are on the right road to health.

It is necessary to live in quietude and in the open for at least a week out of each year. That is, it is necessary if you would give your system the toning up it should have. Get away from the crowded city and its surging mass of humanity, floundering about in search of health like flotsam on the sea of life.

It is necessary to forget the hard pavements and their endless tread of tired and troubled feet. Forget, for this given time, the banks, balance sheets and bonds. Observe in Nature's handiwork the beauty of the birds, the birches and the woodland boulevards.

*Forest
Footpaths
Lead To
Health*

Travel each day of your vacation over these forest footpaths. They lead in every direction from your cabin door, but they all lead to health. Strong bodies, like strong

trees, cannot thrive in hot houses. They need the open air and the buffeting of storms and winds to develop and strengthen them.

In concluding this chapter, let me caution the novice against carelessness in making or extinguishing the small campfire.

The summer resort fellow who rocks the boat, has nothing on the careless camper.

Tremendous forest fires can start from the careless flip of a match, causing the devastation of whole areas of valuable timber, logging camps, saw mills, and even whole villages. Flames know no bounds when caught in the frenzy of a strong wind, and in their wake leave nothing but the gaunt, black stubs and cremated corpses of giant trees that only centuries can replace.

The peace and quiet that only a forest can give, were great factors in helping you back to vigor and health. Don't rob the other fellow.

*Be Careful—
The Other
Fellow
Likes It
Too*

Philosophy of Work

The Boys

The cause of many of the physical ailments of mankind can be traced directly to the training, the teaching and the environment of its youth. If boys were taught to take pride in keeping their bodies strong and clean, the operations of their minds would not be apt to wallow in any mental filth.

*Teach
Them
The
Truth*

Physical training of boys should be a problem of vital interest to community and nation alike, for the strength of the nation to-morrow depend upon the health of its boys to-day. It is of such vital importance that boys be taught the value of clean blood and clean habits, that it behooves every adult, whether he be parent or pastor, friend or Friar, to take it upon himself to teach them and to say unto himself: "I am my brother's keeper." Teach them the TRUTH—whether it be about muscles or morals.

Elbert Hubbard very aptly said: "Boys' book-learning and instruction about this and that, are no more necessary than a stiffening of the vertebrae which will cause them to be loyal to a trust to act promptly to do a thing."

*Worms
Do Not
Have
Backbones*

Boys should be taught the value of clean thoughts and constructive service, and shown (not merely told of) the danger that lurks in idleness and evil environment.

There is nothing constructive in idleness, and there is nothing clean in evil environment. Keep a boy busy and his mind clean, and his health is assured.

*A Busy
Boy Is
A Clean
Boy!*

Boys can be so taught by precept and example, that when they reach young manhood they will be fortified against temptation and its terrible toll.

If given the heritage of clean blood, and that particular education a father owes to his son, the boy will seek clean environment—*always*. He will rise to his mind's level, for orchids do not grow in a gutter.

It is high time for us to make an earnest effort to discourage that despoiler of manhood, that damnable curse to the health of mankind, known as "the sowing of wild oats." From that miserable dogma comes

*Wild
Oats
Must
Be
Harvested*

the backfire of all the venereal diseases in the world, and the one way to stop or curb the cancerous headway of venereal disease is to EDUCATE the boys. To keep the boys ignorant of its dread results is to do them a great and terrible injustice.

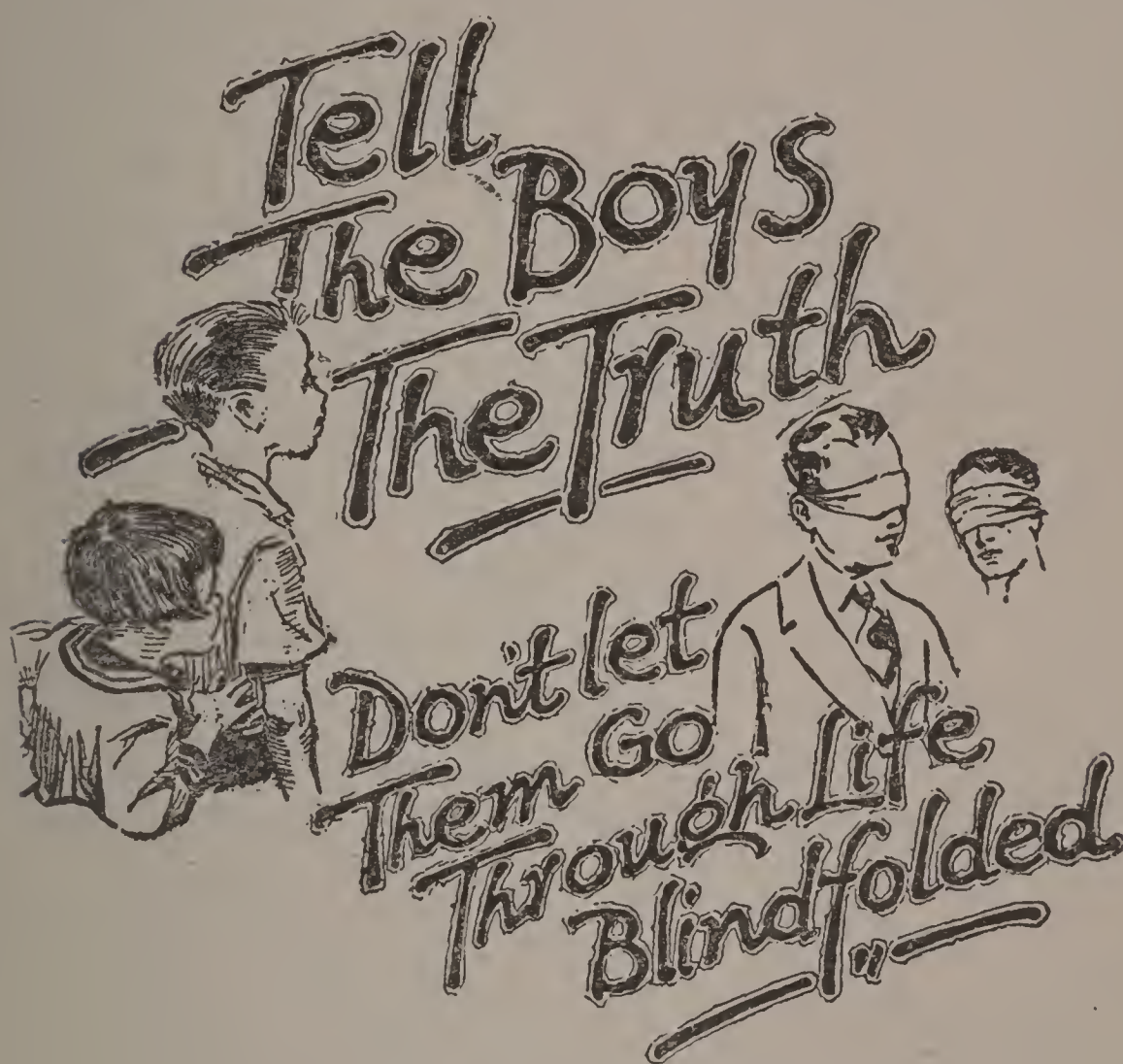
Volumes have been written on the effects of this terrible monster that fastens its poisonous fangs into the vitals of a nation, but little has been done in a whole-hearted, business-like way to put such education or warning before the boys.

*Prudery
Versus
Purity*

Prudery has had its day, and has also left its mark. A spade must be called a spade if this venereal stain is to be stricken from our young manhood; and it is the duty of this generation to start a campaign of education that will save the next generation.

Sex education and sex warnings must be given to boys by clean-minded men. Boys are the one great institution. They are the business men of the future; they are the hope of the world. Let us assume our responsibility, teach them at every possible opportunity, and answer their many questions, truthfully. We must not let them go through life blindfolded. Teach them the clean way of life and the tremendous importance of pure blood strain.

Their education should be like their diet—well balanced. Give a boy physical training alone, leaving out mental and spiritual training, and he will develop the instincts of a brute. Give him purely mental training,



minus physical and spiritual training, and he will become a brain-heavy weakling; while if his training be purely spiritual there is danger of the development of a religious fanatic.

*Moulding
Character*

To insure a clean, well-rounded, physical, mental, and spiritual life, a boy's education should be seasoned with bits of philosophy. The very same philosophy that helps in the moulding of fine characters—whether learned and practiced in boyhood or later in life—has a tremendous tendency toward the building of good health, and should be embodied in the education and daily régime of boys.

In order that idleness of brain or brawn, or both, be entirely eliminated from a boy's training, the "PHILOSOPHY OF WORK" should be first in order, for idleness is the burial of the living man.

*Work—
The
Master
Builder*

Work is a master builder of both health and wealth. It is the foundation of all business. It is the illustrious sire of genius, and has laid the foundation for every fortune in America. If it is loved, it will make life sweet and purposeful and fruitful. It can do more to advance a youth than his own parents, be they ever so rich.

Theodore Roosevelt said: "There has never yet been a man in our history who led a life of ease, whose name was worth remembering."

Work is the seed from which character

grows, and only with noble character will boys stand at manhood's threshold, four square to every breeze that blows.

The philosophy of cheerfulness is the true running mate of "WORK." Both are handmaidens of health, and both are necessary in the building and the maintenance of superb health. Cheerfulness is health harmony.

*Be
Cheerful*

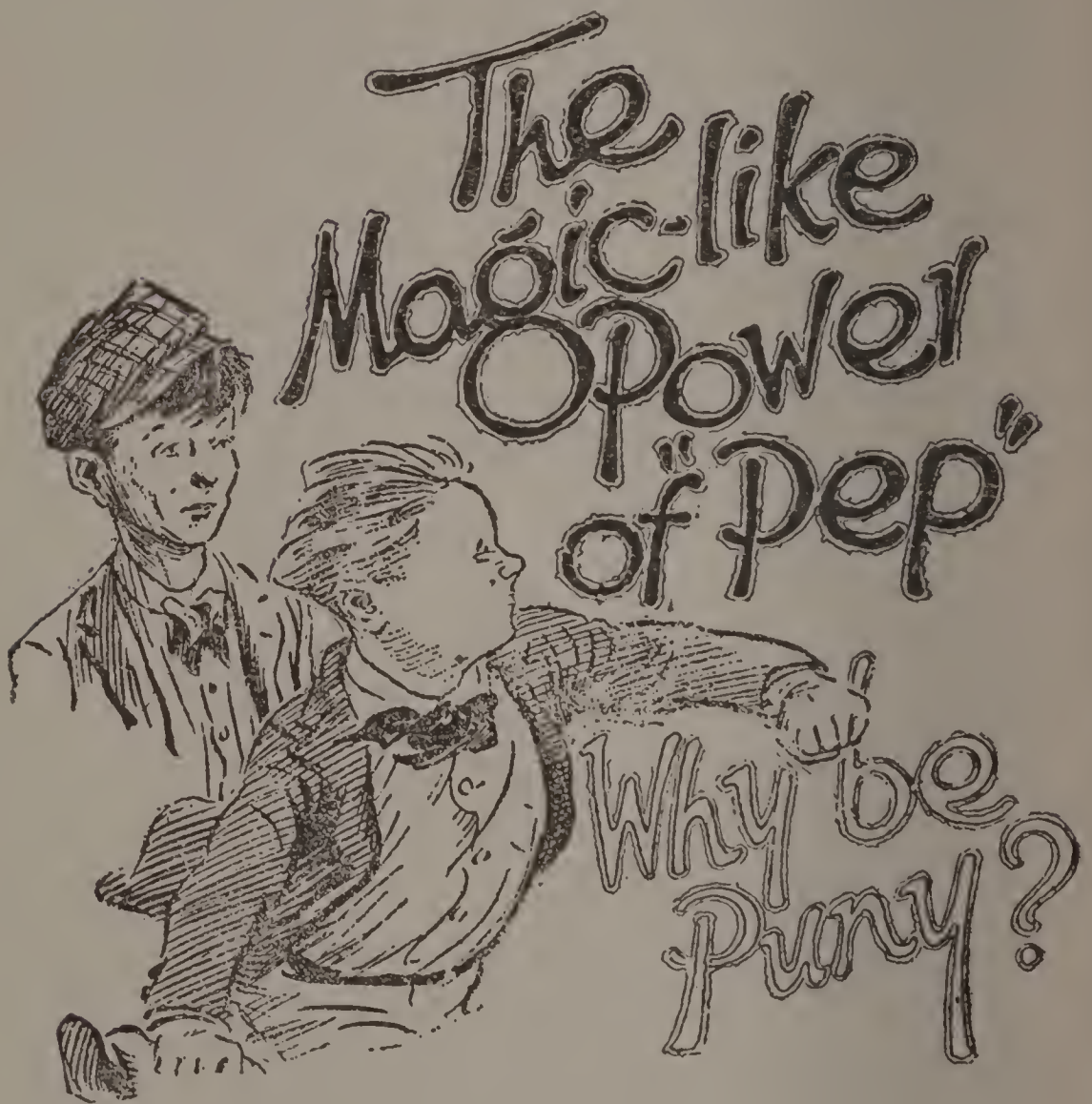
One is scarcely sensible to fatigue whilst he marches to music, and cheerfulness is the music of the heart. Cheerfulness, like laughter, is not only the music of the heart, but (in a physical sense) the absolute joy—for under no other condition is it possible for the heart to function normally. Keeping the heart in a healthful condition strengthens every atom of the human body, and the strength of the body usually indicates the strength of the will.

A cheerful disposition and a strong will, when exercised under most trying conditions, often measure the difference between success and failure, both physical and financial.

*Grouches
Are
Failures,
Whatever
Their
Success*

Unlike most of the finer arts—requiring long study and application—cheerfulness, the most useful art of all, requires only the desire.

It is the parent of all progress in health building. To be cheerful is to be nourished, and most well nourished beings are sweet tempered. The grouchy languish in the



illness and the misery of their own making.

A grouch often becomes chronic and leaves a disposition anything but pleasant—irritable and subject to anger on the slightest provo-

cation. Ill temper and anger, even in the mildest form, rarely accomplish anything besides overworking the heart in its effort to pump blood to an excited brain. Anger poisons the nerves. When you are discourteous to others, or angry, you poison yourself. So, for health's sake, get the cheerful habit. Learn to restrain the mind and control the tongue.

*Make
Cheerfulness
A Habit*

To raise the voice in an attempt to govern, or in an effort to win an argument by sheer noise, arouses anger and incites rebellion, but does not control. "He that is slow to anger is better than the mighty, and he that ruleth his own spirit, than he that taketh a city."—Proverbs xvi—32.

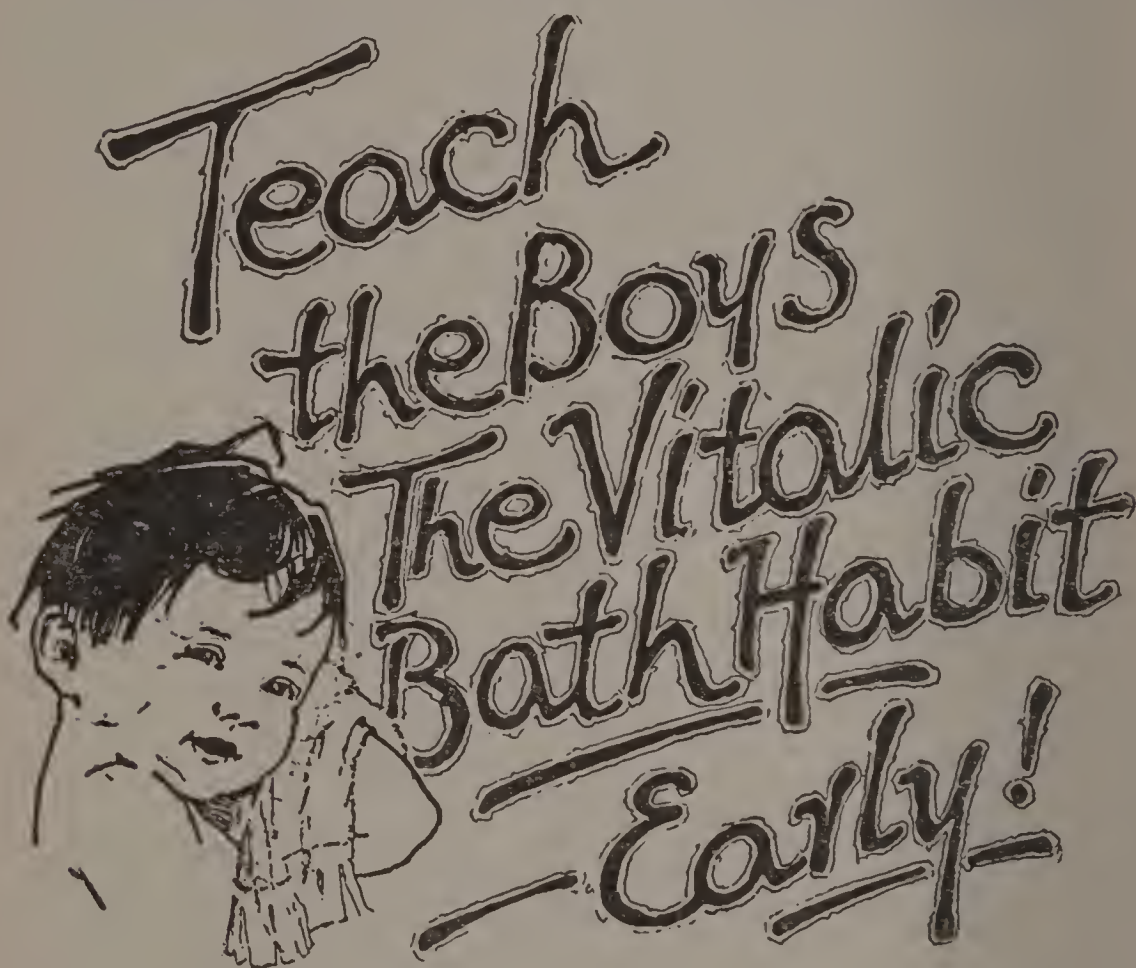
Surely the spirit of cheerfulness is the harbinger of health. It is like a smile. It costs nothing, but creates much. None are so rich they can get along without it. It creates happiness in the home; fosters good will in business; and is the universal counter-sign of good fellowship. It is rest to the weary; daylight to the discouraged; sunshine to the sad; and Nature's best antidote for trouble.

Cheerfulness not only furnishes spiritual, mental and physical nourishment to yourself,

*And
Costs
Nothing*

but is of inestimable value to your business and social associates.

The drying of a single tear through one's cheerful nature, has more of honest fame than (in the language of militant forces) the shedding of seas of gore. Cheerfulness, clean



character, stamina and strength, constitute a force almost indescribable. There is always room for the man of force, and he makes room for many.

The great majority of forceful men have stowed away, somewhere in their mighty

make-up, another philosophy; the philosophy of Faith. Faith, when put into practice, serves as health's true balance wheel. Poor derelicts indeed, are those whose hearts are void of faith in some form or another; not wholly in reference to the Deity, but having faith in many things; to believe in worldly things as well as celestial. To practice a philosophy of faith is to rid your system of depression, of declining powers and discouragement. This alone, as an aid to your health, is worthy of your serious consideration and immediate adoption.

*Have
Faith*

To believe in a philosophy of faith is to know one of the basic principles of health. Have faith in yourself, your neighbor, your community, and your country.

The strength of your faith is like the quality of your thoughts—there is “the come back” to both, and it is up to you whether your life be filled with brickbats or bouquets.

To cultivate a habit of thinking happy thoughts, is thinking in terms of health. When you get into a tight place and everything goes against you, when it seems as if you couldn't hold on a minute longer, the strength of your faith should never permit

*Think
In
Terms Of
Health*

*Testing
Your
Mettle*

your giving up then, for that is just the place and the time the tide will turn. "Daylight manages to peep through the smallest hole." Believe that life's discouragements, when they come, serve a purpose of genuine value. They are the vital test of the mettle in your make-up.

*Properly
Reared
Bulldogs
Have No
Tails*

Keep a stiff upper lip. Be cheerful. Have faith and determination to train, and you have the foundation for life's greatest treasure. You never saw a tin can tied to the tail of a bulldog. "There's a Reason."

Believe that good health is efficiency's greatest essential in every field of endeavor. It is the encourager of all effort. It is the chief stimulator of ambition, and when once lost, self-confidence makes its departure. It is the Alpha and Omega of all success, great or small. Good health gives vigor and buoyancy to life, makes you joyous and forceful, and enables you to make the most of your talents.

*Health
Can't
Be
Purchased*

Next to life itself, it is the greatest gift given to mankind. Those who have lost it in creating financial wealth would give their fortunes to get it back again, but it is beyond the reach of money.

Believe that to possess good health, is but

to know and follow Nature's laws of obedience. Believe that no man can maintain his virility and continue to squander his vital strength in unrestrained indulgence.

Money is about the only thing we are ever taught to save, but surely there are other things as vitally important, and the earlier in life we learn this, the better. Believe that the vigor of young manhood that you hold in reserve, instead of squandering, is but the bank balance of your maturity. Believe in these things earnestly and sincerely, and good health will ever keep step with you, regardless of whether your steps may lead you through the maze of a metropolis or a straight and narrow "Main Street."

Believe not in any form of witchery or superstition. The Mayflower landed on Friday; Washington was born on Friday; the Declaration of Independence was signed on Friday. Bank on no other luck than that which manifests itself through a clear, creative brain, two sinewy arms, and talented, honest hands.

*Save
Your
Health*

*And
It Will
Save You*

For Forgetful Men

In concluding this little volume, I feel that the cause of health can be served in no better way than by making a digest of the exercises earlier set out, so arranging them that the busy man—whose mind will retain an inordinate array of detail on all things other than his health—may turn to this concluding chapter and quickly find the meat of the kernel. Read this chapter first—and frequently thereafter.

*A
Chapter
For
“Doers”*

If idle curiosity has prompted the reading of this book; if subconsciously you have reasoned that the mere reading about health practices may work some magic in your case, then read no further—you are through, and you have not advanced one step along the road to health. This chapter is for DOERS; for men who take the business of maintaining their health as seriously as they take their business; who realize that health is their business.

In the main, the matter would logically fall under two heads—Exercise and Diet. On second thought I substitute the word Foods for Diet. The word Diet has fallen on evil days, and instead of being considered as a course of foods—a selection with regard to the state of one's health; it has come to be considered as a fearful list of sacrifices bordering on starvation. It is much simpler to eat your way to health than to starve your way, and this becomes a whole truth if you will but add regular daily exercise.

*Diet
Doesn't
Mean
Starvation*

In placing the exercises first, no preference is shown. The choice of food is quite as essential as the proper exercise, but I confess that I do not entertain so high a hope concerning the changes you will make in your food as I have that you will employ these exercises. Then, too, your diet (or choice of food) will make certain natural and automatic adjustments and changes under the spur of rejuvenated muscles.

Remember that this is a chapter for men who forget. If you cannot remember how a certain exercise goes, you can find it here, under its proper heading. And this chapter also contains a résumé of that part of the book dealing with foods.

*And
Then
Do It!*

Starting The Day

*Your
Chances
Are
Exactly
50-50*

When you awaken—be thankful! You might have awakened in Heaven, and again you might not. Your own convictions on this point should measure the degree of your thankfulness.

Take a good stretch *before* arising. It tones the system and awakens you sufficiently to find the bathroom without falling over a chair.

*Consider
Your
Neighbor*

Now you are up! Stand for a minute before an open window—blinds reversed—and let the sun shine on your nude body. If the sun isn't shining, stand there anyway. The air is what you need. A minute of this and you will want to take a little exercise to warm up. And now we are off!

*Deep
Breathing
Exercise*

Stand erect, heels together, hands outstretched at sides to limit of arms length, PALMS to the REAR. Inhale and HOLD long, deep breath. Clinch fists tightly, then bring fists together in front of you on level with eyes, rolling arms so that the heels of palms may meet. Keep fists clenched, return to original position—out from side of body. Make the complete movement from three to five times on each breath—then exhale. Be sure to bring the arms forward and

backward *vigorously*, keeping the muscles tense.

Now you are ready for the Vitalic cool water bath. Stand or kneel in tub, first applying water to eyes and forehead, direct from the faucet. Then stroke face and neck, particularly the back of the neck at the base of the brain. Cup hands and lift water to ribs, just below arm pits, applying vigorously. Then lift water to arms, chest and back—more vigorously. Then the abdomen, thighs, legs and feet. Rub the body with coarse towel until a warm deep glow comes to the skin. Now you are fit to face the family and the cook (hired, or doing it because she loves you) without looking and acting like a man who had placed too much confidence in a package of Congressional garden seed.

You are never any happier than you think you are.

And if you eat too much for breakfast you won't even be that happy.

So much for starting the day right. Now let us end it right, so that another day may be started in even a better way. Never mind reading the advertisements about vitality tablets—the manufacturer is probably at his home this minute, taking exercise in a

*Vitalic
Cool
Water
Bath*

*It's
All
Hocum!*

splendidly appointed gymnasium that his tablets have provided. Any well written advertisement can convince you that you have everything from lumbago to fallen arches; and a few minutes of exercise, taken regularly, will convince you that you are on the road to health, advertisements to the contrary.

Select any or all of the following exercises, each one being properly labeled, and **DO THEM**. Be careful not to overdo the thing the first night.

*For
Developing
Stomach
Muscles*

Lie flat upon your back on the floor. Stretch arms full length over head and back along floor in line with body. Keep toes pointed out in line with body. Rise to sitting position, without aid of hands, bring extended arms up in full sweep of an arc. Continue forward with upper body until fingers touch toes. Return to first position and repeat five times.

Repeat daily, increasing the number of times according to your strength. Don't overdo it the first time. If your present chassis lines are more spheroid than sporting, and you experience difficulty in keeping the heels on the floor, place your toes under some piece of furniture. Avoid light tables with vases on top.

Alternating with the above exercise, assume the same position above described, arms and toes fully extended. Now lift the legs and feet upward, keeping knees rigid, and continue upward swing of legs and feet until they are at right angles with the body. Return to original position and repeat five times. Increase the number of times each day as strength increases. If your muscles get a bit sore, don't you. They have a right to be sore, having been so long neglected.

*Exercise
For
Abdominal
Muscles*

Again assume the same position, but with fingers interlocked at the back of neck. Roll, *on hips only*, and with the right toe touch a point as far to the left of the body as it is possible to reach. Return and roll in opposite direction, touching a point far to the right with the left toe. Keep both shoulders as close to the floor as possible.

*Another
For The
Same Thing*

All the above exercises are for strengthening the abdominal muscles—the muscular corset. The greater your circumference, or gross tonnage, the greater is your need for this muscular support.

Stand erect, bend forward at waist, bending left knee slightly, and touch the right foot with the left finger tips. Keep the right hand extended arms length, straight upward.

*And
Another*

*The
Louder
You Grunt,
The More
You Need
It!*

Now reverse position of hands, bend right knee slightly, and touch left foot with the right finger tips, right arm now extended straight up. Repeat twenty times. Be sure to bend the knees slightly. They are supposed to bend and have modern lubrication.

Do these exercises before going to bed. This will keep you from the old argument that you haven't time.

Here's another one for producing sound and restful sleep:

*Exercise
For
Inducing
Sleep*

Stand with body erect, finger tips interlaced at back of neck. Take upright, regular step—feet about eighteen inches apart, forward and aft. Then bend with both knees, spring upward and reverse position of feet while in mid air. Repeat ten times.

*For
Developing
Thigh
Muscles*

Stand with feet close together, rise on toes, point knees forward and take a squatting position. Repeat ten times, increasing each day. This develops the front or tops of thighs.

Stand with heels together, rise on toes, toes turned outward, spread knees far apart in assuming the same squatting position. Repeat this exercise ten times. This will develop the inside and backs of thighs.

Now for a little indoor running. Stand erect, your fists clenched. Alternately raise and lower right and left knee toward chest, just as in running, only put the foot right back where it came from. Continue until you feel a bit winded. In time you can "run" a fairly decent race without feeling like a punctured toy balloon.

*Indoor
Running*

These exercises are simple, but they are effective. If discovered while following them, and SHE laughs, the room can be effectively cleared by some snappy or casual reflection on double chins or whipped cream. If not her verbal equal, laugh with her. There is no better exercise than laughing.

But *do the exercises!* In the doing lies the reward. There is a vast difference between intention and determination.

*Of
Several
Pounds*

Here is a good place to refresh your memory on how to get up stairs without taking the elevator. At the first step take a long quick *sniff!* Then, as you take the next two steps, take another quick sniff as each foot strikes the step—always sniffing in through the nostrils. Then as the fourth step is reached, exhale quickly through the mouth. Continue on up the stairs. When you have reached the top, be it three flights or one, you will have plenty of wind to spare.

*Sniff
Breathing*

Name
Of
Street
Upon
Request

This method of sniff breathing can be carried out while walking along the street. The author knows a business man who was once greatly troubled with colds that came all too frequently. He began sniff breathing, or lung packing, as above set out. He practiced it along the street, going up stairs, and at night he would stand before an open window for a few minutes and sniff breathe. Colds are now finding lodging with his neighbors. Moral: He was a business man who was not too busy to look after his health.

You'd
Better
Stock
Up Now

Try this sniff breathing once. Keep it up a few minutes and you will find that you are becoming a bit dizzy. The reason? You are getting more oxygen than you have been accustomed to get with your old everyday style of breathing. Oxygen is the most intoxicating thing yet discovered. Fortunately, it can be prescribed for medicinal purposes and therefore escapes prohibitive legislation. That is, it has so far.

Foods

The proper selection of food will go a very long way in maintaining health. Note that I said *maintaining*. This is a book on health

and its maintenance, not on sickness, and was originally conceived as a guide for those who are in fair health and eager to better their condition, as well as for those who are in robust health and yet not blinded to its value.

The robust man need not turn up his nose at the simple rules herein laid down. If he has followed them he knows their worth, and if he has violated them, he is an exceedingly lucky man, with the chances for a continued run of such luck all against him. You can't violate natural laws and escape the penalty.

The tin can doesn't actually benefit the goat; he just lives in spite of it.

So, in your selection of food, cling to the simple, natural choices; not because you will die if you don't, but because you will live longer and better if you do.

Remember—Eat only when hungry.

If you border on that perfect state of rotundity that makes one quite as broad as he is long—then fast for breakfast.

If you are feeling perfectly fit, but are welcomed by old friends with a "Well, well, George, you've taken on some weight since I last saw you," and if you then reach up and give the old vest a pull to smooth it out and give your stomach a complacent, reassuring

*You Are
Supposed
To Follow
A Guide*

*But
Remember,
He Is
A Goat*

*Breaking
The News
Gently*

No
Offense

pat; be very sure that you have taken on some physical liabilities along with the weight. A fat hog—zoologically speaking—may be very happy and feel fine, but that in no way changes the day of his slaughter. If he ate moderately he certainly would not fatten—and incidentally he wouldn't be a hog. Reasoning—fair to good.

If Your
Wife Is—
Er—Stout,
That's
Rations
For Two

So, to you who feel fine but are taking on a little too much weight, the best thing for you to have for breakfast is the last syllable. It contains no nourishment and you will lose a little weight on it.

The normal man may eat a normal breakfast, for you have been eating it for many years—else you would not now be normal. Why waste any time giving you advice. Reasoning—excellent.

For
Gaining
Weight

If you really want to gain weight, try this, or its equivalent: One poached egg, two slices buttered toast, glass of good pure milk, an orange, some berries or fruit juices.

To lose weight, eat the orange and drown your appetite—not your hunger—in water.

A great array of tables or suggested menus might be set out for you to follow, but I am firmly convinced that it is easier and better to eat or fast by rule than by schedule.

The following rules, tersely put, will prove of value to any man. If you must eat by schedule or follow a restricted diet, then put on the yoke and bear it bravely. It was a lovely dance and the fiddler must be paid.

Eat only when hungry—and not always then.

Don't eat too much.

Don't eat quite enough. There is no conflict here; just two distinct rules.

Eat only the best. A man is a fool to die in debt to his stomach.

Eat less meat and substitute whole wheat. Of course you can get fat on whole wheat, but I take it that the command to eat more is not understood to mean eat all.

If you must eat in a hurry, then go on about your business and eat when there is no hurry.

Let your meals include more vegetables. For the diabetic and truly sick, this may not be wise counsel. I am not assuming the rôle of physician, but speak as a counsellor on health. The physician, on the other hand, deals very largely with sick people; with those who have once been well. I am merely trying to ruin his business. An excellent way to keep away from him is to go to him

*If You
Don't
Want To
Follow
Rules,
Why In
The World
Did You
Read This
Book?*

*Get
The
Inference?*

*And
Is
Less
Painful*

once or twice a year (Irish paradox—or one American doc) and have him look you over and *inter!* A stitch in time is worth two in the abdomen.

Select natural foods. Let instinct be your guide, but don't guide your instinct.

If troubled with constipation, eat more whole wheat. If you experience trouble in getting whole wheat bread, then decide whether you would rather go to the trouble than to continue with the trouble. Some men seem actually to enjoy ill health. Else, why in Heaven's name do they take it in to board.

*You
Might
Not
Like The
Country*

Avoid stimulants. Look at that word—stimulants! If you need stimulants, you are below par. Something is wrong. And unless you do something about it you are headed for a long journey, transportation free, but with no return fare furnished. You can actually make your own choice between stamina and stimulants.

Eat plenty of green foods and fruits. Avoid heavy meals.

Remember that your weight is a very good index to how you are getting on. If you want to gain weight, increase your fats and starches—within reasonable limits—and remember that dairy products are fattening.

If you want to lose weight, first determine whether your mind or your appetite is boss. If you are the boss, then the matter is very simple. Eat less fats and starches; eat more green foods, fruits and berries; and forget all about pies, cakes and the jim-cracks and what-nots that are piled on top of an already too hearty meal. The way to reduce is to reduce.

*Will
Power
Versus
Circum-
ference*

Here is a sop to the man who is beginning to fear that he may never again look a smiling pumpkin pie full in the face and feel guiltless and unashamed. If you will take a reasonable amount of exercise, and keep it up daily, you can also have a reasonable amount of pumpkin pie without actually increasing your weight.

*Pie
For
The
Diligent*

Be reasonable, be temperate, be cheerful and be ACTIVE, and you will be healthy.

The way of health is easy to follow. Nature has hung up a thousand sign-posts along the way. She prods you if you get off the track. This little volume has been an effort to prod you back on to the track. You *know* the road, and every wise man wants to follow it. It lies straight before you.

Be on your way.

And don't look back. Lot's wife did that,

despite all advice to the contrary, and you know what happened to her. If you long for the flesh pots of Egypt, and would rather return to them than to enter the Promised Land, then it's a sure thing that you would rather be slave than master.

*Health
Does Not
Fail Us;
We Fail
Health!*

Every man—with a spark of ambition—has some objective. This, my last word to you, should bring you up with a start—*You will never reach your objective if your health fails.*

GOOD HEALTH SPEAKS

I am the salt that gives life its savor.
I am mankind's greatest gift.
I give to the child its laughter
I give to age its greatest happiness.
I stay the hands on every throttle.
I have been present at every battle in history.
Without me, victories would be unknown.
In the face of hunger and despair,
I held the lines at the Marne.
There is no peace for man without me.
Without me, wealth is as dust of the chariot's wheel.
You may find me in the open places—
Within sound of the rippling mountain streams
In the woodlands, where the pines play the
 accompaniment to the song birds.
I will serve under any condition save prolonged
 abuse.
In every home, in every clime, I am a welcome
 guest.
Those who lose me in their pilgrimage to power,
Would give their all to have me back again.
Who, then, am I?
I am GOOD HEALTH.

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The Calorie Cook Book

By
Mary Dickerson Donahey

A Companion Book to Diet and Health

THE human body is somewhat like a steam engine. A certain amount of fuel is needed to get the best results. To use more fuel than is needed, smothers the fire; too little fuel and you can't keep up steam.

A definite knowledge of food values and of proper menus is necessary if you are to maintain a normal weight and have strong, robust muscles. You can't eat food that is cooked by guess and reach your goal.

Mrs. Donahey has written an interesting, witty, practical and common-sense Cook Book, with economical recipes, giving the value of foods in Calories and naming the foods rich in Vitamines.

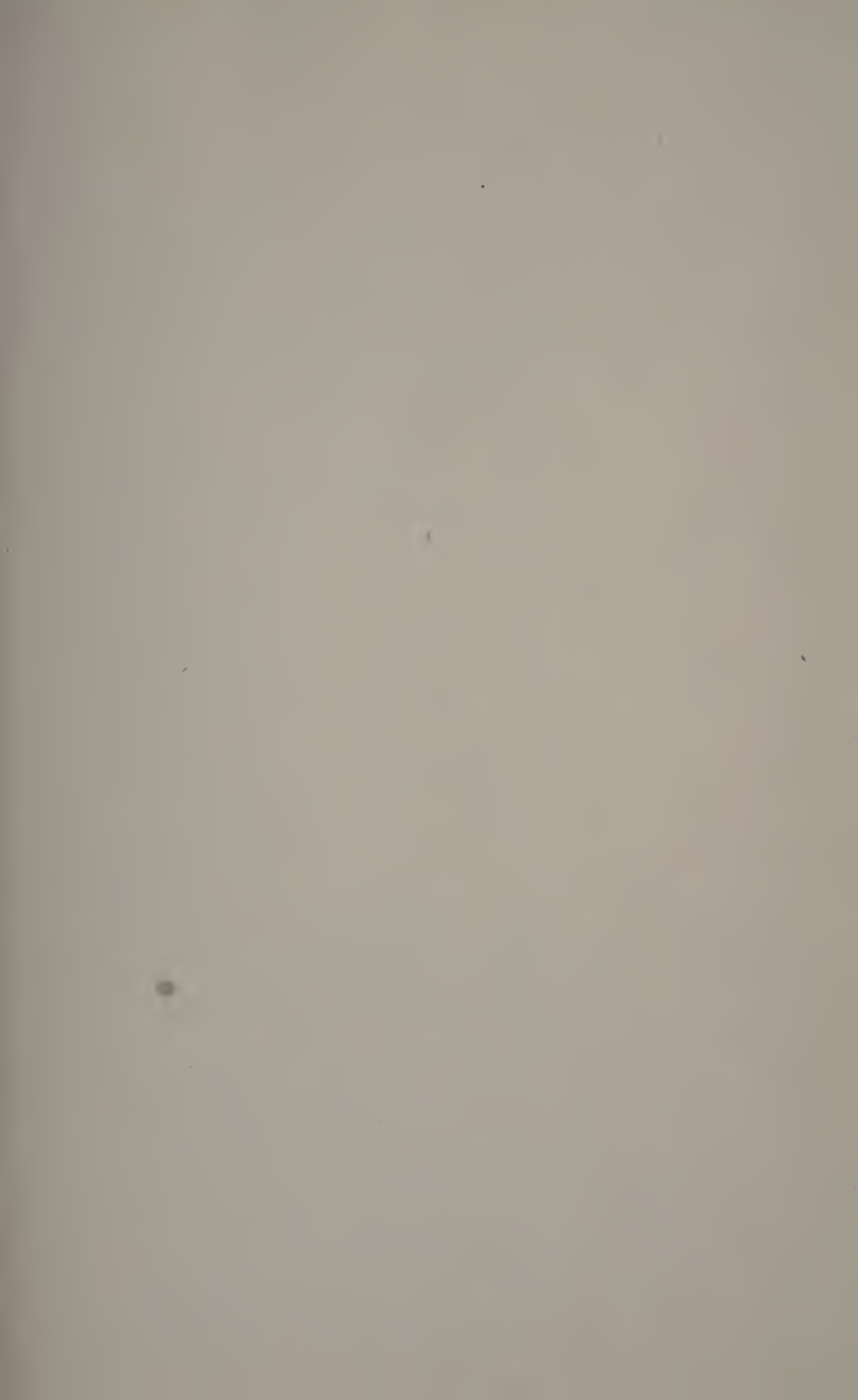
There are three groups of menus; (1) a series of reducing menus—one full week each for spring, summer, autumn and winter use; (2) a group of upbuilding, or fattening menus, arranged for the four seasons; (3) a series of menus for the normal—one full week each for spring, summer, autumn and winter.

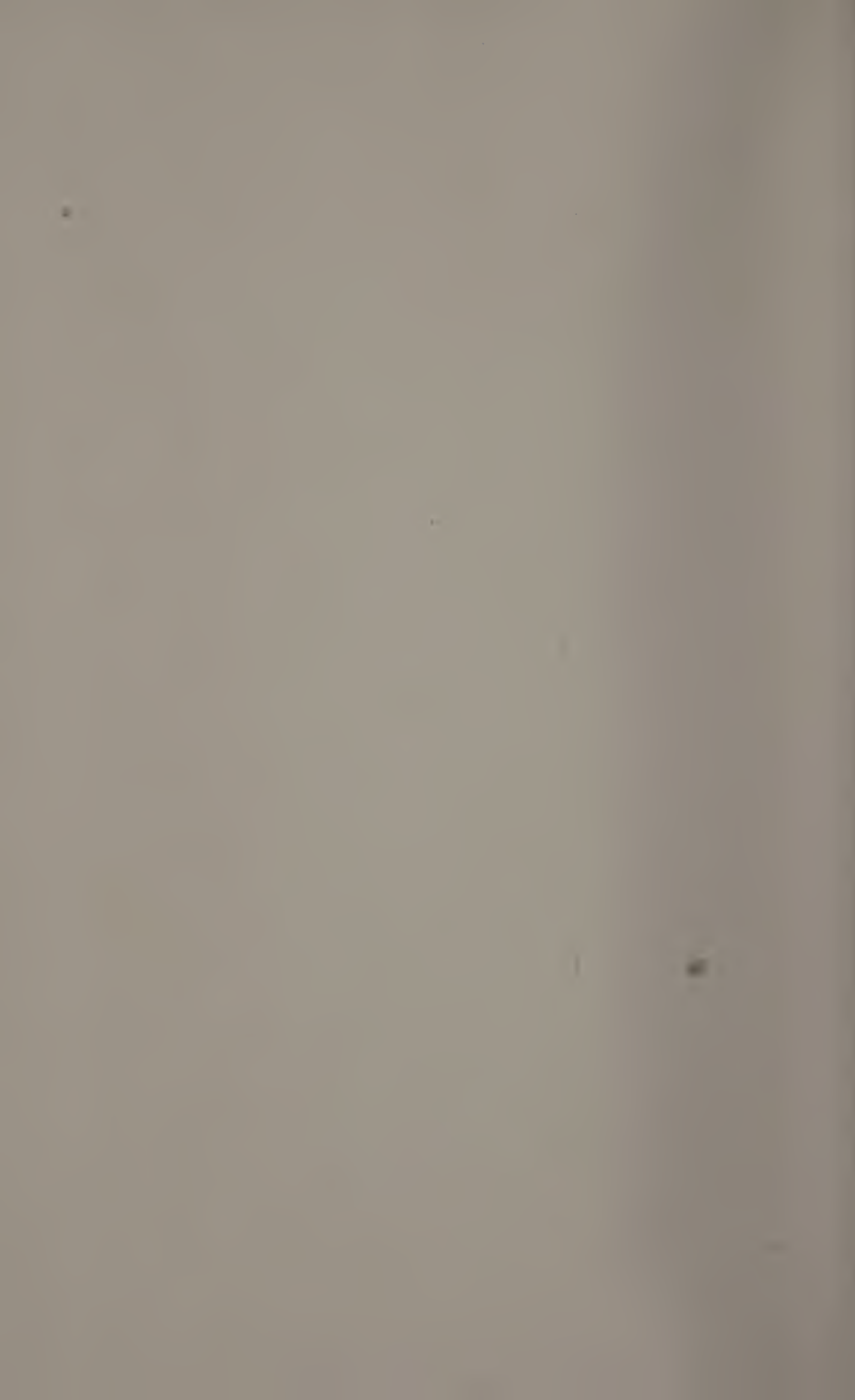
The recipes include all of the items mentioned in the various groups of menus, and others that are exceptionally good. At the top of each recipe is given the number of Calories contained in the materials that make up the recipe.

The vast army of men and women who have profited by following the precepts of DIET AND HEALTH, will find the CALORIE COOK BOOK a practical kitchen guide to help them continue to profit from the common-sense wisdom of this famous little book.

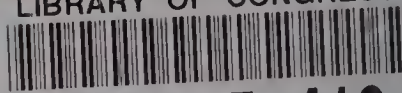
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